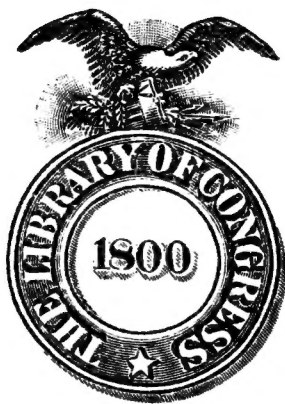


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Bacteriology in a Nutshell

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A Primer for Junior Nurses

COMPILED AND ARRANGED BY

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DEDICATION :

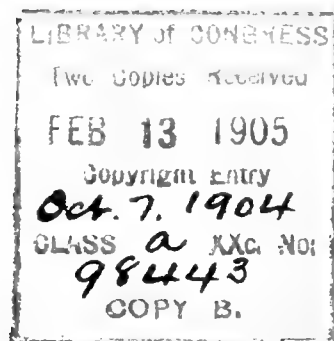
To Charlotte A. Aikens, Superintendent of Iowa Methodist Hospital, Des Moines, Iowa, General Director of the "Graduate Nurses Hospital Extension Course," and Associate Editor The National Hospital Record, to whose suggestion this booklet owes its origin; and to my dear friend and old Superintendent, Sister Emilié Koch, of the German Hospital, Cincinnati, Ohio, "Bacteriology in a Nutshell" is most affectionately dedicated.

CINCINNATI, OHIO.

JULY, 1904.

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BACTERIOLOGY IN A NUTSHELL.

INTRODUCTORY.

In compiling this small primer of bacteriology for junior nurses, the work along bacteriological lines prepared as one of the members of the class of students of "The Graduate Nurses' Hospital Extension Course," in October, 1903, has been used as a basis. Nothing new in the way of theory has been attempted. Much rather would the writer join the ranks of her sister nurses who so bravely have enlisted to help the noble army of physicians and surgeons fight a victorious warfare against that branch of the bacteria family called "disease germs." Most gladly would we all as nurses see these tiny foes to health destroyed forever.

Superintendents of training schools have realized for some years that a few easily comprehended lessons on bacteriology for junior nurses are necessary. The sole aim of "Bacteriology in a Nutshell" is to present to young nurses just starting out in the study of the germ theory of disease some of its principal teachings as briefly and as simply as possible. If the contents of this booklet have been made sufficiently clear to be easily grasped by those for whose benefit it is intended, and if it serves as an incentive to further study and research into this most interesting and useful branch of science,

the result will be more than gratifying to the writer and of lasting benefit to student nurses.

Not only has much assistance been obtained from reviewing work done for the "Graduate Nurses' Hospital Extension Course," but also from a review of the older work of hospital training school days and notes of lectures of Dr. E. Gustave Zinke, Dr. Magnus A. Tate and Dr. James W. Rowe, particularly lectures with regard to Sepsis, Asepsis, Antisepsis, Infection, Disinfection, Sterilization, etc. In addition to these helps, my own experience of recent years as a teacher in training schools has proven of material benefit.

My thanks are especially due to Dr. James W. Rowe for valuable information with regard to the discoverers of bacteria, given to me since beginning the preparation of the primer, and also for helpful suggestions during the work of proof reading; to Miss Aikens, of the Iowa Methodist Hospital, for a kindly review of the manuscript in the National Hospital Record; to Miss Susie L. Wanzer, one of the old pupils of the Thomas Hospital Training School for Nurses, Charleston, W. Va., who so efficiently assisted in preparing the manuscript for publication, and who also made for me the drawings for cuts representing the forms of bacteria mentioned in the text.

MARY E. REID.

Cincinnati, O., July, 1904.

MODIFIED OATH.

The principles set forth in the following "modified oath," which the nurses of the Brooks Memorial Hospital, Dunkirk, N. Y., are required to take at their graduating exercises, deserve a place opposite the initial page in every text-book written for nurses:

"I solemnly promise and swear that in the practice of my profession I will always be loyal to the patients entrusted to my care and to the physicians under whom I shall serve. That I will not make use of nor recommend any quack or secret nostrum. That I will be just and generous to members of my profession, aiding them when they shall need aid and I can do so without detriment to myself or to my patient. That I will lead my life and practice my profession in uprightness and honor. That I will not lend my aid to any criminal or illegal practice whatever. That into whatever house I shall enter it shall be for the good of the sick to the utmost of my power. That whatever I shall see or hear of the lives of men and women, whether they be my patients or members of their households, that will I hold inviolably secret and that I will continue to observe and to study and will strive in every way for the improvement of my profession; not regarding it as a means of livelihood alone, but as an honorable and upright calling."

To be *loyal*, to be *honorable*, to be *just*, to be *generous*, to be *pure*, to be *upright*, to be *trustworthy* and "*not a meddler* in other men's matters," to be *ob-servant*, to be *tactful*, to be *studious*, all these are principles which, if they do not already possess them, should be instilled into the minds of all young women from the day they enter the training school until they leave it. All are links of grave import in the chain of "qualifications of a good nurse" as well as stepping-stones toward becoming "a perfect woman nobly planned."

Bacteriology in a Nutshell.

CHAPTER I.

BRIEF HISTORY OF BACTERIOLOGY.

Bacteriology is that branch of science which teaches us the evils of disease producing micro-organisms, and the benefits derived by the animal world from another class which are antagonistic to disease. **Definition.**

The history of bacteriology can be traced back to the seventeenth century. Some authorities, indeed, tell us that at as early a date as the time of Cæsar there lived a Roman author, Varro by name, who wrote of very tiny living "creatures" which were invisible to the naked eye, and yet they by some means gained an entrance into the system and "caused diseases difficult to treat." Almost two thousand years roll by before we learn of the germ theory of disease being again touched upon, then, in the eighteenth century, it is advocated by Plenciz, of Vienna. **Earliest Mention.**

In the year 1675 we are told that Antonius Von Leeuwenhoek, of Holland,* proclaimed to the world the perfection of his single lens by means of which he had brought to light "living, moving animalcules" in rainwater. So very tiny **Perfection of Single Lens.**

*Leeuwenhoek was born in Delft, Netherlands, in 1632; died in 1723.

were these objects that millions of them were found to exist in a single drop.

**Leeuwenhoek's
Announcement.**

The researches of Leeuwenhoek were continued and in 1683 the world received another announcement—the discovery under the compound microscope of a special form of bacteria in the scrapings of teeth and in saliva. This scientist presented the results of his work of research to the *Royal Society of London, England; suitable engravings accompanied the gift. We are not told whether or not Leeuwenhoek in any way connected the germs he discovered with disease causation; the supposition of authorities is that he did not.

No attempt was made to classify, separate or identify the germs discovered by Leeuwenhoek, although many noted scientists of that century believed them to be the cause of certain changes in the tissues of the human structure. It was not until the year 1762 that Antonius Plenciz, a physician of Vienna, began ascribing to the micro-organisms discovered by Leeuwenhoek the power to produce the so-called infectious diseases.

The theories advanced by Plenciz were these:

**Theory
of
Plenciz.**

I.—That the material which caused the infection was a living substance;

II.—That this living substance multiplied within the system, and that it could be thrown off by individuals and carried by the air to others;

III.—That each separate infectious disease was brought into existence by a special germ which could cause no other disease; contending, in order to uphold his belief, that as only one kind of

*Leeuwenhoek was chosen Fellow of the Royal Society of London in 1685.

grain can grow from one kind of seed, so also only one disease can be produced by one form of germ or micro-organism.

The theory that disease germs were living things capable of growth and reproduction did not, at this time, gain favorable consideration, and it is not again advanced until almost sixty years have elapsed. In the year 1821, *Henle, an anatomist and scientist of Germany, again gave expression to the conviction of the truthfulness of the theory, but only to be met with the opposition which defeated Plenciz. Henle, however, is said to have successfully met and overcome all the objections of his opponents, and shortly after this time the relation of micro-organisms to disease was scientifically proven although many still remained sceptical.

Plenciz's
Theory
Accepted.

One point over which there was a great deal of discussion during the century and a half between the discoveries of Leeuwenhoek and the acceptance of the theories of Plenciz through the demonstrations of Henle, was the *origin* of these germs. "Do they generate spontaneously or are they the descendants of pre-existing creatures of the same kind?" *Karl H. Schulze, also of Germany, was the first to throw any light on this rather mystifying question. In 1836 he demonstrated the fact that "if the air which gained access to the material which was being experimented upon could be made to pass through

Theory of
Schulze.

*F. Gustav Henle, born at Furth, Bavaria, 1798; died at Göttingen, 1885. Was professor at Zurich, 1824; Heidelberg, 1844, and at Göttingen, 1852.

*Karl Heinrich Schulze, physician and anatomist born at Ault, Ruppín, in 1798. Professor at Berlin in 1833.

strong acid or alkaline solutions decomposition would not take place." Other scientists began to work along the same lines and obtained similar results. Their experiments, for the most part, were made upon wounds and their infections. They made no attempt to reproduce the infectious diseases by inoculation, which is the method used in our day. Numbers of scientific men of that period believed the presence of micro-organisms in the blood and tissues of individuals to be *a normal condition*. Others urged that the micro-organisms found in diseased conditions were the *result of the disease and not its cause*.

A number of years passed before the work of discovering a special germ for each infectious disease made much progress.

Proclamation
of
Semmelweis.

In 1847 Ignatius P. Semmelweis, a young Hungarian pursuing his studies in Vienna, proclaimed to the world one of the greatest discoveries along bacteriological lines, namely, that puerperal sepsis is the result of the invasion of the puerperal genital tract by specific micro-organisms and from that year a new era in obstetrical practice is dated. (There was much scepticism with regard to the theory of Semmelweis and he is said to have died in an insane asylum his malady the result of worry over unfriendly criticism.) In 1849 the germ which causes anthrax was discovered by Pollender, of Germany, but it was not until the year 1863 that *Casimir Joseph Devaine, a Frenchman, by the process of inoculation proved that Pollender's germ really produced anthrax.

*Casimir Joseph Devaine, born at St. Armand-les-Eaux, France, in 1812; died in 1882.

BRIEF HISTORY OF BACTERIOLOGY.

In 1862 *Louis Pasteur, of France, the fame of whose work at "Pasteur Institute," Paris, is world wide, first began his experiments to prove that living organisms are in the air we breathe, in the food we eat, upon the clothing we wear, in the dust we tread beneath our feet, and that they may be found any place where dust settles. It had long been contended that the processes of fermentation and putrefaction were purely chemical processes and not the work of micro-organisms. It was proven also through the experiments of Pasteur that the reproduction of bacteria takes place by processes similar to those which cause the reproduction of larger vegetable or plant life and not by spontaneous generation. Many other important discoveries are credited to the experiments of Pasteur. In fact, some scientific men of the present day go so far as to say that the real history of bacteriology dates no further back than to the experiments and discoveries of Pasteur; that while it was not he who first discovered the existence of germ life, nor who first studied bacteria, nor who first suggested their connection with fermentative processes and with diseases, yet it is to his experiments we owe the placing of bacteriological study upon a firm basis, and that all the history of micro-organisms which antedates the experiments and discoveries of Pasteur is merely theoretical, more likely to be erroneous than otherwise.

**Pasteur's
Experiments.**

**Errors
Lessened by
Pasteur.**

In 1872 Klebs began to teach that general sepsis is caused by bacteria invading the blood. Klebs is of German birth; he was born in

*Pasteur was born at Dôle, Jura, France, in 1822; died in 1895.

BACTERIOLOGY IN A NUTSHELL.

Koenigsberg; he was educated at Berlin, and later in life (1882-92) was professor at Zurich.

In 1873 the micro-organism of relapsing fever was discovered. To Obermeier, of Germany, belongs the credit for this discovery.

Dawn of Antisepsis.

By 1875 the germ theory of disease was pretty generally accepted, at least by the scientific world. In that year Lord Lister, an English surgeon, who later (1877) was professor in King's College, London, began the use of antiseptics in surgery. He based his experiments upon the discoveries of Pasteur. Carbolic acid solution was the first substance used by Lister in his surgical operations, and thus was ushered in the era of antiseptic surgery. Less than thirty years have passed, and yet to what gigantic proportions has grown the use of substances to either destroy germs or to prevent their doing mischief by stopping their growth! Carbolic acid solutions still remain in common use.

Later Discoveries.

The bacillus of leprosy* was discovered by a German scientist, Hanson, in 1879, and in the same year the micro-coccus of gonorrhœa by Neisser. (Neisser is also of German birth, probably located at Munich at this time.)

The bacillus typhosus, the germ of typhoid fever, was discovered by Eberth and Koch, of Germany, in 1880.

And in that year (1880) came also the discovery of the germ of pneumonia. Some writers

*In July, 1904, Rost, of the medical staff in India, reported that he had succeeded in cultivating the bacillus of leprosy and from the cultures had made a substance he called "leprolin," which, when injected into the tissues of lepers, had a marked beneficial effect.

BRIEF HISTORY OF BACTERIOLOGY.

give the credit (or discredit) for causing this disease to the micro-organism observed by General Sternberg* of the United States Army; others to the diplococcus lanceolatus, discovered by *Fränkel of Berlin, who was professor at Halle. Recent investigation has shown that the diplococcus discovered by Fraenkel is probably the sole cause of genuine acute, lobar pneumonia, although other germs, one of which is the "pneumo-bacillus of Friedlander," are said to be sometimes found associated with this form of the disease. Several germs are believed to be capable of causing broncho-pneumonia.

In 1882 the name of Robert Koch* sprang into fame when he made the greatest of his many discoveries—the germ which is the cause of all forms of tuberculosis. This discovery is not only to be considered the greatest of *Koch's* discoveries, but one of the greatest discoveries of the age, as to tuberculosis, in one or another of its forms, is due at least one-sixth of all the deaths which occur yearly in the human family. Had the remedy for this disease, prepared by Koch, proven a success, he would have immortalized his name in very deed.

**Koch's
Discoveries.**

In 1884 Koch made another discovery, namely, the comma bacillus of cholera; so called because of its peculiar shape. (Pasteur discovered the

*Authorities assert that the germ observed by Sternberg and the diplococcus lanceolatus are probably identical. Fraenkel associated the germ with pneumonia causation; Sternberg apparently did not.

*Koch, born at Klausthal, Germany, in 1843. Led the German expedition which in 1883 went to Egypt and India to investigate cholera. In 1890 announced a cure for tuberculosis, the power of which experience did not demonstrate.

**Progress
of Other
Scientists.**

germ of chicken cholera in 1880.) In 1884, also, the germ of diphtheria, called the bacillus diphtheriæ, was discovered by Loeffler, and the bacillus of tetanus, called the bacillus tetani, by Nicolaier.

The germ which causes "la grippe" was discovered in 1892 by Pfeiffer. (Loeffler, Nicolaier, Pfeiffer, are all of German nationality. (Leudwig Pfeiffer, born at Eisenach in 1842, lives at Weimar.)

In 1894 came the discovery of the germ of the Eastern bubonic plague by Yersin, a Japanese.

In 1897, the discovery of the bacillus of yellow fever was reported by Sanarelli, a Spaniard. This germ was not accepted because it failed to comply with certain requisite scientific tests. (Koch's circuit, spoken of in chapter IV, was not proven.) The same is said of the germ found in carcinomatous specimens, and of the germ of small-pox reported by Dr. William T. Councilman of Harvard College, in the spring of 1904. Other discoveries are frequently reported. Syphilis is believed to be due to a micro-organism which as yet remains undiscovered, although with other germs it is still being carefully sought after.

SUMMARY OF CHAPTER I.

The earliest days of bacteriology said to be traceable to the time of Caesar, in whose day a Roman writer hinted at the invasion of the human structure by "creatures" invisible to the naked eye and of their power to produce diseases.

The perfection of the single lens. Nationality of the perfecter. Discoveries of this scientist during the seventeenth century under the single

SUMMARY.

lens and by means of the compound microscope. The presentation of the results of his researches together with appropriate engravings to the Royal Society of London, England, of which society he was afterward Fellow.

Power to produce the so-called infectious diseases ascribed to micro-organisms by a scientist of Vienna. Theories advanced by this scientist. Non-acceptance of his theories:

The germ theory of disease again advanced about sixty years later and its successful demonstration.

A short account of one of the subjects which caused much discussion during the century and a half between the discoveries of the Hollander and the acceptance of the theory of the scientist of Vienna.

The man who first threw light upon the mystery surrounding this vexed question and the manner in which he carried on his experiments. Work and its results along the same lines by other scientific men of that period.

Errors of some of the early students of bacteriology.

Slow progress in discovering a special germ for each infectious disease.

Men who are considered to have made the most valuable contributions to bacteriology and their discoveries.

BACTERIOLOGY IN A NUTSHELL.

QUESTIONS FOR REVIEW.

I.—Who perfected the “single lens” and what were the first discoveries made by its perfector? In what year did he announce his discoveries? Are these the earliest discoveries of which we have any account?

II.—In what year were later discoveries announced by this scientist? How were these discoveries made? To whom were the results of his researches presented?

III.—What attempts were made to classify, separate and identify the germs discovered, and were they believed to be in any way connected with pathological changes in any particular part of the body?

IV.—Who was the first physician to ascribe to micro-organisms the power to produce the so-called infectious diseases? In what year was the announcement made? Was the theory accepted?

V.—Who is said to have been the first to successfully demonstrate that the germs discovered in the seventeenth century could produce diseases?

VI.—Describe in detail one of the chief points of discussion during the years that elapsed between the discoveries mentioned and their acceptance as disease germs. Tell of the man who first threw a gleam of light on the vexed question, of the means used, of others who followed the same method of research, the results gained.

VII.—Mention some of the errors of early students of bacteriology with regard to the germ theory of disease. To whom do some bacteriol-

REVIEW.

ogists ascribe most credit for the firm basis of this theory in the present day?

VIII.—By whom and in what year were antiseptics first used? In what class of cases were they used? What was the first substance used? Is it still in use and is it now considered a valuable antiseptic?

IX.—By whom and in what year was it first taught that bacterial invasion is the cause of puerperal sepsis? What became of this scientist? Who first taught the theory of general sepsis?

X.—By whom was the germ of typhoid fever discovered? In what year was the discovery made? Mention other discoveries made by one of these men? Which is considered to be the most important of his discoveries and why?

XI.—Name some of the important discoveries made during later years and their discoverers.

XII.—Mention some diseases now considered to be caused by bacteria and explain why the germs discovered in one or two instances have not been accepted as the originators of the trouble.

CHAPTER II.

THE RELATION OF BACTERIA TO DISEASE—BACTERIA IN PROCESSES OF NATURE.

Revelations of the Microscope.

Cell Formation.

Organs and System.

Mysteries concerning the origin of numerous diseases, which must otherwise have remained mysteries forever, have been made more or less clear since the perfecting of the microscope. Prior to the revelations made by the use of this instrument, very little was positively known concerning the formation of the various elements of which the machinery of the human structure is made up and by which it is kept in running order. Now scientists are able to trace the human body back to the time when it was but a single cell, from this single cell to watch its growth and development into innumerable single cells, to see the single cells fold into layers, these in their turn to form the groups of cells out of which the various bones and muscles and nerves and tubes and tissues of the body are composed. These groups we call the organs and systems of the body. Each has its own work to perform, and each exists to a certain extent independently of the other. Yet all are so intimately related and connected in their efforts to maintain life and health that when disease comes to one group of cells composing a system, other groups composing other systems suffer also.

BACTERIA AND DISEASE.

The group of cells from which the muscular system is made up, by their united action, called into play by nerves, produce our movements. Another group of cells forms the liver, and harmonious action of this group is necessary in order that impurities be removed from the blood. Certain fluids which are essential to the welfare of the body are also manufactured by this group. The brain is composed of another group of cells of a different type; from these thought and intelligence emanate, and from still another group is composed the nerves which convey messages to and fro between the brain and the outer world and so on.

**Action of
Various Cells.**

**Brain and
Nerve Cells.**

As nurses, then, let us grasp this thought that "disease is a derangement of the structures or functions of the body," and in order that the human structure remain healthy, there must be harmonious action between separate types or groups of cells. If one group fails to work harmoniously, then comes a disturbance of the harmony of the other groups, and because of this disturbance there comes disease. For example: If there is trouble in the nervous system then, too, we find the digestive system is affected, and vice versa. So we may go on through the other systems and find them all more or less dependent one upon another.

**Definition of
Disease.**

The causes of disease are many and varied. One of the most serious causes, as revealed by scientific research, is the invasion of the different organs and systems of the human structure by a species of bacteria; these it has been proven produce the so-called infectious diseases. So much has been said and written on "the relation

**Bacteria a
Cause of
Disease.**

BACTERIOLOGY IN A NUTSHELL.

of bacteria to disease" that many people fail to discriminate between the bacteria which are our friends and those which are our enemies.

Bacteria Explained.

As pupils in the study of bacteriology we learn that the term bacteria is applied by scientists to the large group of minute vegetable micro-organisms, commonly called "germs" or "microbes." This name was first given to them about the year 1869, after *Hoffman had demonstrated that these tiny mysteries occupied a class by themselves, quite distinct from yeast plants and moulds with which they had been confused in earlier days of bacteriological research.

Saprophytic Bacteria.

Parasitic Bacteria Our Foes.

All forms of bacteria may be divided into two great classes in order to simplify for study. These two classes are called the saprophytes, and the parasites. The saprophytes, which are the friends of all animal life, are many times more numerous than the parasites. Parasites are enemies to animal life; they are the so-called "disease germs" or "microbes"; they exist only at the expense of other living bodies. They invade various parts of the living body and under favorable conditions they weaken and sometimes destroy the parts they invade. They take away from us substances on which our health is dependent, and deposit in their place that which poisons and frequently completely destroys. Because of their power to produce pathological changes in animal bodies, parasitic bacteria are also called pathogenic bacteria.

Good Bacteria.

Saprophytic bacteria are not only our friends. but they are of such benefit to mankind that we

*Hoffman was a German botanist. Born at Roedelshheim, 1819; died at Giessen, 1891.

BACTERIA IN PROCESSES OF NATURE.

could not live without them. They live upon dead organic matter, and by their activities decomposition, fermentation and putrefaction are produced. Nourishment necessary to the sustenance of vegetable life is derived from carbonic acid gas, ammonia and water, which are all produced by the action of saprophytic bacteria on dead animals and vegetables. Vegetable and plant life would cease to exist if the carbon and nitrogen to which they owe their growth and development could not be obtained from this source. Animal life is sustained by the oxygen thrown off by trees and plants and to a certain extent by the food obtained from the vegetable world; therefore, the work of the saprophytes is necessary to the existence of all forms of life.

With regard to the work of saprophytes as our friends in the processes of Nature, let us look a little farther into this phase as explained to us by scientists. Let us see why it is that they play so important a part in these processes, and how it is that they are so completely interwoven with the vital powers of nature, that life in all its forms would vanish from the earth should their activities cease.

**Bacteria in
Natural
Processes.**

When as children we explored the woods and perched ourselves upon fallen tree trunks and saw them dropping into decay, how many of us now studying bacteria in regard to their connection with our work as nurses ever associated the process of decay with the activities of germs? To-day we are taught that bacteria play an important part in this process after the hard, woody substance of the tree has been softened and prepared for their work by moulds. Then, after the

**Decay of Trees
and Plants.**

BACTERIOLOGY IN A NUTSHELL.

tree has been attacked by bacteria, it drops to pieces as a yellowish brown deposit, to mix with dead leaves and sink into the soil as a fertilizer to promote the growth of healthy plants and trees that inhabit the forest.

Decay of Animals.

The same thing happens in decay of dead plants and animals. In decomposition of animals saprophytes play a still more important part, as it is by their agency alone that the work on every part of such bodies is accomplished, and the preparation made for mixing with the soil and the atmosphere. Whatever of the decayed substance of tree and plant and animal is not of use as a fertilizer is disseminated in the form of gases to be taken up by the air. So plant and vegetable and animal life are renewed and sustained in a great measure by the fertilization of the soil by decomposition of dead plants and vegetables and animals, and by the gases they disseminate, none of which would come to pass without the activities of bacteria.

Where Oxygen is Obtained.

We inhale from the atmosphere oxygen, which is absolutely necessary for the sustenance of animal life, and which is thrown off for our use from growing plants and trees and other forms of vegetable life. We exhale carbonic acid gas, or "carbon dioxide," which, together with the influences of the sun and the rain, is necessary for the growth and sustenance of trees and plants and vegetables. This is one way, among others, in which the animal kingdom is necessary to the vegetable kingdom and vice versa, the plant and vegetable world giving off oxygen for use of the animal world, and the animal world in its turn supplying the plant and vegetable world with

SUMMARY AND REVIEW.

carbon dioxide in a ceaseless round. All other foods used to sustain animal and plant life are so arranged by the processes of Nature as to be used again and again in a continuous circle, first by plants and then by animals, and then over again by plants, the circle to endure so long as the sun shines and the rain falls to promote its continuance. Many of these processes require much thought in order to understand the intricate workings of Nature. Those who undertake the study in earnest find it of special interest. Not the least interesting phase is the way in which nitrogenous foods, so necessary to animal life, take their place in the continuous circle, and how, through the assistance of bacteria they are prepared to return to take part in the maintenance of plant and vegetable life.

**Nature in
Food Supply.**

Bacteria which assist in the sprouting of seeds and in other processes of Nature in farm and garden, form an interesting study, also.

SUMMARY OF CHAPTER II.

Mysteries with regard to diseases revealed by the microscope.

Cell formation and the formation of the organs and systems.

Health of the various organs and systems of the body dependent one upon another.

Functions of some of the groups of cells.

Derangement of the structure and its functions the cause of diseases.

Bacteria as friends and as enemies.

Application of the term bacteria.

Length of time the term has been in use and the scientist who first distinguished the group from yeasts and moulds. His nationality.

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Difference in size of the saprophytic and parasitic families.

What we understand by the term pathogenic bacteria.

Saprophytic bacteria and the benefits derived from them by the animal and the vegetable kingdoms.

QUESTIONS FOR REVIEW.—CHAPTER II.

I.—How has the perfecting of the microscope been of benefit to mankind in a special way?

II.—Give in detail some of the mysteries with regard to the human structure as revealed by the microscope since its perfection.

III.—Are the different systems of the body in any sense independent systems? Give one reason why they are not entirely independent.

IV.—Mention the functions of the groups of cells spoken of in this chapter.

V.—Explain what you understand by the term “disease” and give the cause of one serious form of disease.

VI.—Into how many classes may bacteria be divided in order to simplify for study?

VII.—Define bacteria, pathogenic bacteria, saprophytic bacteria.

VIII.—Prove that pathogenic bacteria are foes to health.

IX.—In what way do saprophytes benefit mankind?

X.—Explain what would happen to plant and vegetable and animal life if saprophytic bacteria should be destroyed or become inactive? Give reasons for your answer?

CHAPTER III.

DESCRIPTION OF THE MOST IMPORTANT BACTERIA METHODS OF MULTIPLICATION, ETC.

MORPHOLOGY is that branch of science which treats of the classification of bacteria with regard to their shape, outline, structure and their methods of grouping. Placed in broth, bouillon or other substance they are cultivated, and much useful information has been gained with regard to the habits, etc., of these tiny specimens of vegetable life.

**Morphology
Defined.**

It has been found by studying them under the microscope, that all bacteria of any importance are either "sphere," "rod," or "spiral" shaped, and so they are divided into these three classes.



Spheres.

The spherical may be perfectly round like a ball or marble, or they may be oval or egg-like; many are imperfect in shape. The name given to all bacteria of this formation is "cocci," or "micrococci."

Micro-cocci.



Rods.

The rod-shaped may be long or short, square or round at the ends, thick or thin, but all bear the common name of "bacilli." The largest number of disease germs are of this class.

Bacilli.

BACTERIOLOGY IN A NUTSHELL.

Spirilla.



Spirals.

The spiral-shaped are said somewhat to resemble the twisted part of a corkscrew, and whether they have few or many curves, whether loosely or tightly twisted, the one name, "spirilla," covers all of this variety.

Modifications or subdivisions of the cocci have also been determined by watching their manner of forming into groups as seen in growing cultures.

Staphylococci.

Staphylococci is the term used to describe those which group in masses like grape-clusters.

Streptococci.

Streptococci, to describe those with method of grouping into chain-like sections.

Diplococci.

Other forms of the micrococci are found to group in pairs, and to describe these the term diplococci is used.

Tetrads.

Those which form into groups of four are called tetrads.

Sarcinae.

Still another form is seen to make up groups of eight and sixteen, and to describe these we use the term sarcinae.

There are two main subdivisions of the bacilli, namely: bacilli which are spore-forming, and bacilli which are non-spore-forming. By the term spores we mean seeds or eggs of the bacilli.

All forms of bacteria are dependent upon certain conditions for their development; these conditions are a certain temperature, proper soil, and *in some instances air*.

Size of Bacteria.

Size of bacteria is a part of their description difficult to determine. So tiny are they that it is only under the highest power of the microscope that scientists are able to study them at all. One

MORPHOLOGY.

of the largest of the bacilli is said to be about 1-12,000 of an inch in length, and 1-50,000 of an inch in thickness. We are told that it would take six thousand billions of the average sized bacilli to weigh one grain, and that fifteen hundred of the largest bacilli if placed end to end would not reach across a small pin head. Some forms of bacteria move about quickly, others do not.

Weigert* in the year 1877 discovered that micro-organisms could be colored by the use of aniline dyes, so as to be distinguished from the media in which they are cultivated. Up to that time great difficulties stood in the way of their successful study, because of their transparency as well as their minuteness. Since Weigert's discovery that they can be colored, many of the peculiarities by which their varieties are determined have been pointed out.

**Weigert's
Discovery.**

We have said that one condition necessary to the growth and development of bacteria is *proper soil*. A perfectly healthy body with normal resistive power is not favorable soil for the development of disease germs. In such a body certain cells exist which are foes to these germs; they have the power either to absorb or destroy disease-producing bacteria. These cells are called phagocytes and the process of destruction or absorption is known as phagocytosis. The name phagocytes (from the Gk. phago "I eat") was given to these cells by the man who discovered their province, the scientist, *Elié Metschnikoff, a Russian, one of the most

**Function of
Phagocytes.**

*Professor Carl Weigert, anatomist at Frankfurt, Germany.

*Metschnikoff was born in the government of Kharkoff in 1845. Was professor at Odessa in 1870.

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distinguished bacteriologists of the present day and who is carrying on his work at Pasteur Institute, Paris, France, as successor to Pasteur. While scientists differ as to the method of warfare as carried on between the cells of the body, termed phagocytes, and the germs of disease, all agree that the healthy body has the power to overcome and exterminate such foes by their means.

The body which is not healthy, and in which normal resistive power is absent, on the other hand is not able successfully to fight disease-producing germs which invade it at one point or another, they overcome weakened resistive forces, increase and multiply within the body, and we become victims of the disease the special form of bacteria present produces.

There are two methods of multiplication in the bacterial world—fission and spore formation.

Fission.

The method by which micro-cocci and spirilla multiply is termed fission; fission in common everyday language means simply division. They rapidly separate or divide into a number of sections, each of which soon leaves the parent cell, and in turn divides into other sections or parts. This process of division and subdivision is kept up as long as the germs have proper soil to exist upon, and provided, also, the temperature, air and moisture are such as they require.

Bacilli Method of Multiplication.

Bacilli multiply in much the same way and under conditions similar to those required by the micro-cocci and spirilla. This is especially true of the bacilli which are non-spore-forming.

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With regard to the spore-forming bacilli, when they can no longer obtain sufficient or proper food or surroundings, they shrivel or dry up and appear to be dead. They may keep up this semblance for months, but let conditions once more become favorable for their development and we soon find they not only are not *dead* but are *not even sleeping*, merely *resting*. Place them in suitable culture media, for instance, and immediately they begin to germinate and produce innumerable micro-organisms of the same variety as those from which they sprang. They do not reproduce other spores at once, but never fail to reproduce that characteristic variety of bacillus *which is spore-forming*.

**Spore
Forming
Bacilli.**

There are certain changes which take place in the bacilli when the process of seed or spore development is about to begin. Spores, or seeds, are made up of tiny particles of the protoplasm or active, life-giving substance of which bacilli are composed. They form sometimes at one end of the rod, sometimes at the other end, and again they may form in the center of the rod. They at first appear to be just tiny spots, or dots in the protoplasm of the parent bacillus, but very soon they begin to divide off and are easily distinguished under the microscope as tiny seeds or eggs which scientists call "spores." They rapidly increase in size and break through the framework of the bacillus, the non-essential part of which usually dies and the seeds or spores are left behind in a protecting cover or capsule. This cover or capsule is said to enable spores to resist influences that would very quickly destroy other forms of bacteria. The power possessed by

**Spore
Formation.**

BACTERIOLOGY IN A NUTSHELL.

Resistive Power of Spores.

spores to resist heat and drying is found to be almost incredible. Bacteriologists assert that some forms of spores live on after they have been exposed for a brief period to a temperature of 360° F. Other forms have been treated to a *bath of boiling water* for a longer period, and yet both have come through these processes *alive* and have *again germinated*.

While the parent bacillus, as a rule, is supposed to die during spore formation, because the spores use up the protoplasm of the parent for their own sustenance, this is believed not to be true in every instance. The functions of the parent cell are said sometimes to go on in the usual way during the process of spore-formation, sufficient of its protoplasm being retained to sustain life and again to renew its activities after the spores have broken through its walls.

SUMMARY OF CHAPTER III.

Classification with regard to shape, outline, etc.

Definitions of various names descriptive of bacteria.

Methods of grouping as seen in growing cultures.

Terms used to designate methods of grouping.

Bacteria which form spores and those which do not.

Development of bacteria dependent upon certain conditions.

Why it is difficult to determine dimensions of bacteria.

Discovery of Weigert.

Power of phagocytes.

SUMMARY AND REVIEW.

The discoverer of phagocytes.

Why bacteria sometimes conquer the phagocytes.

Methods whereby bacteria multiply.

Process of spore-formation.

Wonderful resistive power of spores.

Parent bacillus after the process of spore-formation.

QUESTIONS FOR REVIEW ON CHAPTER III.

I.—Why is the study of morphology important, and how is it best facilitated?

II.—Describe each of the three forms of bacteria. Which of these is most common?

III.—Is the process of multiplication of bacteria rapid? If so, in what manner and under what conditions are they propagated?

IV.—Are pure blood and healthy tissue conducive to the development of the various kinds of bacteria?

V.—Which method of antagonizing disease germs appeals to you—resistance by a vigorous healthy body, or their destruction by the use of powerful drugs?

VI.—What is the meaning of spore-forming as applied to bacteria?

VII.—Are all varieties of bacteria spore-forming? About what is the size of the largest known bacillus?

VIII.—In what manner do micro-cocci and spirilla multiply? Give term applied and its meaning.

IX.—Are spores easily exterminated? What can you say of their peculiar resistive powers?

X.—Does the parent bacillus remain vigorous after propagating its kind?

CHAPTER IV.

DISEASES CAUSED BY BACTERIAL INVASION. HOW BACTERIA GAIN AN ENTRANCE TO THE SYSTEM.

Parkes, in his "Manual of Hygiene and Public Health," gives the following table of diseases due to the invasion of the human structure by bacteria. He divides these diseases into five classes, viz.:

CLASS I.

Smallpox,
Scarlet Fever,
Measles,
Mumps.
Chicken-pox,
Whooping Cough,
Influenza,
Relapsing Fever,
Diphtheria,
Erysipelas,
Typhus,
Epidemic Pneumonia.

CLASS II.

Yellow Fever,
Cholera,
Enteric (Typhoid) Fever,
Dysentery,
Diarrhoea,

CLASS III.

Anthrax or Malignant Pustule,
Foot and Mouth Disease,
Leprosy,
Glanders,
Rabies,
Vaccinia,

PARKE'S LIST, ETC.

Ophthalmia,
Syphilis,
Gonorrhoea,
Tetanus.

CLASS IV.

Erysipelas,
Septicæmia,
Hospital Gangrene,
Puerperal Fever.

CLASS V.

Tuberculosis, including Lupus and Scrofula.

I.—Diseases placed in class one are designated as *air-borne*, or, in other words, diseases which may be carried and communicated by floating dust.

II.—It is claimed that diseases placed in class two may be carried and communicated by floating dust or taken into the system in water. The "*air or water borne*" diseases, so-called.

III.—Inoculation, as a rule, is the means of communication of diseases mentioned in class three.

IV.—A surface lesion is said to be necessary for the communication of diseases in class four. When this lesion is present the disease is communicable by direct inoculation or may be transmitted through the air. (By "lesion" we mean a wound, hurt, or other local alteration of tissue from a higher to a lower condition.)

V.—In class five a surface lesion is not necessary and the disease is communicable either by direct inoculation or through the air.

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Authorities Differ.

It must be borne in mind, however, that authorities differ as to the mode of entrance of some of the bacteria and that theories change as new light is thrown on the subject. The science of bacteriology is still rapidly progressing.

Channels of Entrance.

The alimentary canal, the respiratory tract, the genital tract, the mucous membranes, wounds and the skin, all form channels whereby infection is conveyed to the various parts of the body which are seats of attack for pathogenic bacteria.

Period of Incubation.

An incubation period, which varies in duration, is common to all forms of disease caused by the invasion of bacteria. During the incubation period there are no symptoms of the disease. The germs have gained admission to the body by one or other channel of entrance and a war is being waged between the invaders and the antagonistic cells already spoken of as phagocytes. Under favorable circumstances the invaders do no harm, they are destroyed by their foes and are thrown off from the body in the excretions. If the powers of resistance are weakened in any way, by the presence of any other disease, for instance, the influence of the phagocytes is lost and the period of incubation ends in another period wherein the power of the invading bacteria is made manifest and symptoms arise followed by more or less serious results.

In each specific disease the infection is thrown off from that part of the body which is the *seat of the invasion*.

Why Multiplication Ceases.

During the course of a communicable or specific disease there comes a time when there is no longer any suitable nourishment for the growth and development of the micro-organisms and then

IMMUNITY—ANTITOXINS.

the disease is starved out. Sometimes the action of the germs upon the cells of the body produces a condition which is poisonous to the germs themselves and thus they are destroyed by the products of their own *vital* activities. In either case the tissues are left in a state of immunity from that particular disease for a longer or shorter period, sometimes for life. We are told of three forms of immunity. **Immunity.**

I.—Natural immunity, which is the natural and constant resistance of the antagonistic cells or phagocytes to the development within the body of pathogenic bacteria. **Natural Immunity.**

II.—Acquired immunity, which is that immunity given to the body, or which the body gains, by a single attack of a certain communicable disease. **Acquired Immunity.**

III.—Artificial immunity, which is that immunity given to, or gained by the body, through the use of antitoxins. **Artificial Immunity.**

ANTITOXINS are antidotes to bacterial poisons. These substances are obtained by injecting into the body of one of the lower animals, found subject to the disease, poisons produced by pathogenic bacteria while developing in broth, bouillon or other culture media. After the bacteria have remained in the culture media for a stated period their poison *permeates* it. Some of the bouillon is then taken and injected into the chosen animal (horses, goats, guinea pigs, rabbits, etc., are all experimented upon. The horse is preferred for the development of diphtheria antitoxin), with a special syringe, in very small doses at first which are gradually increased until the animal ceases to **Antitoxins.**

Protection.

exhibit any symptoms of the disease, the poison of which has been used for the injections. Then he is said to be immune or protected from that particular disease. Some of the blood of this immunized animal is then procured and allowed to coagulate and the serum or fluid part is injected into other animals or into members of the human family, in the same way in which it was used in the first instance, until they too become immune from that specific disease for a longer or shorter period.

Testing.

Before using the blood serum of an immunized animal on the human subject it is tested on another of the lower animals for the purpose of ascertaining its protecting power. If it stands the test it is put up in small tubes and tightly sealed until required for use. Diphtheria, tuberculosis, tetanus, septicemia and other diseases are treated by antitoxin inoculations. Antitoxins are said to have the power to render inert bacteria that may already be present in the subject treated, or to bring about such alterations in the tissues of the body as will prevent their development and a cure is the result.

Power of Antitoxins.

There are four steps necessary in the preparation of antitoxins:

I.—The germs are obtained and grown in a proper substance under suitable conditions until the toxin or poison is produced.

II.—The poison is introduced in gradually increased doses until protection is obtained. (A dose, we are taught, can be borne toward the last of the treatment which if given at first would have caused instant death.) Some authorities tell us the process takes from *three to six months*.

KOCH'S CIRCUIT.

Others give the period as from *six months to two years*.

III.—Some of the blood of the immune animal is next obtained; aseptic precautions are observed during its removal. After coagulation the serum is taken and its protecting power tested on other lower animals.

IV.—It is put up in sterile tubes and carefully and aseptically sealed, ready for use of the human subject.

The antitoxin treatment is somewhat similar in its effects to vaccination as a protection against smallpox. The theory has been advanced that vaccination against diphtheria and other communicable diseases may come to be an established method during epidemics. **Vaccination.**

It is claimed by Koch that in order to prove that a certain germ or micro-organism is the cause of a specific disease it must produce certain effects. Briefly, these are as follows: **Koch's Circuit.**

I.—Where the disease is present there the specified germ must always be found.

II.—The germ found in the diseased body must again grow and multiply in proper culture media outside of the body.

III.—The same disease must be reproduced in a healthy animal by using the poison or toxin obtained from the culture media in which the germ has multiplied.

IV.—The same germ must again be found in the serum of the blood of the animal thus inoculated as a result of the process.

Koch further states that it must be proven that no other germ is capable of producing the disease under consideration and that if the original

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micro-organism is not found all through the process the suspected disease does not exist.

SUMMARY OF CHAPTER IV.

Parkes' list of diseases due to bacterial invasion. How they are communicable.

Authorities have different opinions on this point.

Manner in which bacteria gain an entrance to the human structure.

The periods of incubation, invasion and development of disease if the bacteria are not overcome by the phagocytes.

How infection is thrown off from the healthy body.

Death of bacteria through lack of nourishment and other causes.

Immunity: Natural, acquired, artificial and definitions.

Antitoxins: Where they are obtained and how they are prepared.

Koch's Circuit.

QUESTIONS FOR REVIEW.—CHAPTER IV.

I.—How are diseases designated in the classes mentioned?

II.—Define inoculation. Surface lesion. Airborne.

III.—Mention channels through which infection is communicated to the body.

SUMMARY AND REVIEW.

IV.—What do you understand by “period of incubation?” “Seat of invasion?”

V.—Explain the conditions under which symptoms of diseases due to bacteria arise?

VI.—What becomes of the invading germs if overcome by the phagocytes?

VII.—How do bacteria work their own destruction?

VIII.—In what other way may their multiplication within the body be arrested, and their death result?

IX.—Describe antitoxins in detail, their development and use? What effects should be expected to follow the antitoxin treatment?

X.—What is Koch's germ theory? Describe the complete circuit in detail.

CHAPTER V.

COMMON COMMUNICABLE DISEASES.

Contagious and Infectious.

In former years communicable diseases were spoken of as either contagious or infectious diseases. The term contagious was applied to those diseases which are transmitted by direct contact or inoculation; infectious to those which are either air or water borne. It has been developed by experience that many of the diseases which were called infectious can also be transmitted by contact or inoculation and also that those diseases termed contagious are sometimes air or water borne, hence the apparent necessity for the change to the term communicable which is used to cover all diseases that may be transmitted or communicated from a sick to a well person without reference to the method of transmission or communication.

Communicable Diseases.

Among the communicable diseases commonly met with by the nurse we will first mention

Bacillus Typhosus.

TYPHOID FEVER. The invading micro-organism in this disease is the bacillus typhosus, discovered by Eberth and Koch and sometimes called Eberth's bacillus in honor of one of its discoverers. The seat of invasion in typhoid fever is the small intestine in the lower part of what is known as the ilium, situated near the ileo-caecal

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valve. The bacillus first attacks certain structures termed the Peyerian glands (also termed "Peyer's patches," after the anatomist who first discovered or described them). These glands are small white looking patches, or groups of lymph follicles, (tiny sacs containing great numbers of small, round cells and some fluid) in the mucous and submucous layers of this part of the small intestine. As a result of the attack, the Peyerian glands inflame, swell, thicken and frequently ulcerate. When ulceration occurs sloughing or casting off of dead particles of tissue follows and an open sore is left behind. Sometimes a blood vessel is punctured by an ulcer, when a hemorrhage more or less severe in its effects takes place. An ulcer may, and frequently does, extend through the entire wall of the intestine, when perforation and the escape of the intestinal contents into the abdominal cavity causes peritonitis and death, unless the perforation is such as can be repaired and the patient is in a condition to warrant such a measure.

The Peyerian Glands.

Changes Produced.

Hemorrhage.

Perforation and Peritonitis.

While the small intestine is said to be the chief seat of the bacterial invasion, the various systems of the human structure are also affected. There is elevation of temperature, owing to absorption of poison produced by the bacillus typhosus, and the patient frequently suffers from thirst.

Absorption of Poison.

A disordered condition of the nervous system exists, manifested by headache, insomnia, and in severe cases by delirium and unconsciousness.

The Nervous System.

The digestive system is affected and in consequence we observe loss of appetite, a furred tongue and sometimes nausea and vomiting. At times there is a severe diarrhoea present, at other

The Digestive System.

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times constipation may exist.

The Circulatory and Respiratory Systems.

There are disturbances, too, of the circulatory and respiratory systems. The heart beats more rapidly and there is a corresponding increase in the pulse rate. There are characteristic changes in the respiration, also, very often.

The Skin.

Changes in the skin are apparent, and it is usually found to be hot and dry during the height of the fever.

The Muscular System.

The changes in the muscular system are shown by their thin, flabby condition, which is especially noticeable if the disease runs a prolonged course.

The Urine.

Changes are observed in the urine owing to an increase of the solids contained therein. It is highly colored and diminished in quantity usually.

Excretion of Germs.

The germs of typhoid fever are thrown off in the evacuations from the bowels, in the urine, in vomited matter and are sometimes found in the sputum and sordes (foul substance which collects on the teeth and gums of fever patients). Flies are said to distribute the infection. The common method of communication is through contaminated drinking water and food supplies. Milk has been found to contain the germs and they are said to multiply rapidly therein. *Milk may be contaminated (1), because the cows are

Common Methods of Communication.

*In the best dairies and creameries now-a-days the milk is Pasteurized in sterile receptacles. Water used to wash the butter is boiled in covered apparatus, and then cooled to the proper temperature in specially constructed refrigerators. Special care is taken to sterilize all cans, pails, etc., used for the milk and butter. The cows are kept clean, and the milkers' hands and clothing also, both in milking and in handling the milk afterwards. Butter made in these dairies and creameries, according to agricultural journals, *keeps months longer* than when *made and taken care of in the old fashioned way.*

COMMON COMMUNICABLE DISEASES.

not kept clean; (2), because milk pails, cans or other vessels in which milk is kept are not thoroughly cleansed and boiling water poured into and over them before using; (3), because the dairy is not kept pure or persons handling the milk are not careful; (4), because water, which some dishonest dealers are said to put in the milk they sell, may contain the germs. Epidemics of the disease are common and are often traced to a contaminated water supply. Hence the necessity for filtering and boiling the water used for drinking and in preparing food, especially during epidemics. We cook our foodstuffs to make them safe, and use sterile water to cleanse fruits and vegetables which come to the table uncooked. We keep milk and meats, unless already contaminated when purchased, unharmed by placing them on ice. An epidemic of typhoid fever occurred in Butler, Pennsylvania, in 1903, the horrors of which are still fresh in our memories. The death rate was enormous. Many nurses lost their lives. An infected water supply was the cause.

Contaminated Milk.

Sterile Drinking Water.

The Butler Epidemic.

Great care is necessary on the part of the nurse who attends typhoid fever patients to guard all sources of infection under her immediate control. Stools and urine and vomited matter must be thoroughly disinfected before they are emptied. Use a sufficient quantity of good disinfectant solution, boiling water, milk of lime, carbolic acid, etc., (See Chapter VII for disinfectants), to completely saturate the mass. *Cover the vessel* and allow it to stand for an hour before disposing of its contents. Thoroughly cleanse and disinfect the vessel and its cover

Prophylaxis

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each time after using and as a matter of precaution keep a small quantity of a disinfectant solution in all vessels preparatory to using again. Use a separate thermometer for typhoid fever patients and also separate syringes and rectal tubes. Keep the thermometer in a bichloride solution, 1-1,000, renewed daily. Be very particular to cleanse the rectal tubes and syringes and boil them every day. *Never turn syringe nozzles inside of syringes after using.* Remove the nozzles; scrub well with soap and hot water before boiling. They should be kept in a carbolic acid solution, 1-40, with the rectal tubes. This solution must also be prepared anew once in twenty-four hours. See that bed and body linen and towels are disinfected before placing in the laundry with the ordinary wash. Burn all pieces of old linen or absorbent cotton used to cleanse the mouth and teeth and lips. Use listerine, borolyptol or other good solution for this purpose. Give particular attention to disinfection of the sick room at the close of the case and of everything it contains.

The Patient's Room.

In nursing private cases outside the hospital when preparing your patient's room ask permission to remove all unnecessary furniture and draperies, etc., which may serve as lurking places for germs. Explain when you ask permission why you would like to have the room as nearly on the hospital order as possible. If you are allowed a choice of rooms, one on the south side of the house is preferable and as far removed from noise and disturbance as you can get it.

Personal Hygiene.

TAKE CARE OF YOUR OWN HEALTH. Be very careful to thoroughly wash and scrub your hands

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(particularly your nails, beneath which are favorite hiding places for germs), and disinfect them each time you attend to the evacuations. *Never touch your face* with your hands after such work until they have been carefully cleansed and disinfected. A tiny speck of any one of the discharges may be deposited upon the face or lips and gain an entrance to the body with disastrous consequences to you. Be watchful of like dangers when giving baths, enemas and in cleansing the lips, the teeth and the mouth of your patient. Pay strict attention to personal disinfection before going from a communicable disease to another case.

Keep your patient's person, bed, bedding and room absolutely *neat and clean*. Wipe all wood-work and furniture with a cloth wrung out of a disinfectant solution. Pay strict attention to ventilation. Remember that neatness and cleanliness are necessities, and that an abundance of fresh air and sunshine are Nature's own disinfectants. Two to three thousand cubic feet of fresh air are required in all sick rooms; the latter amount is obtainable in a room fifteen feet wide by twenty long, with a ceiling elevation of ten feet, but the current must be changed every hour in order to keep the atmosphere pure. Your patient can be protected by a screen from her possible fear of "catching cold" while you open up the windows from the bottom. They should be kept open a few inches at the top all the time. All "disease germs" multiply rapidly in a room kept dark, dingy and badly ventilated, and where papers, books, and rubbish are allowed to accumulate. The sick one takes these germs into

**General
Precautions...**

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the system again and the disease is both aggravated and lengthened. *Study to acquire right methods of bathing in this disease.

The care and watchfulness necessary in nursing typhoid fever holds good in nursing all germ diseases. It will therefore be unnecessary to speak of these at length when dealing with other communicable diseases.

A BLOOD TEST. If there is reasonable doubt as to the disease from which a patient is suffering being typhoid fever, a test discovered by Widal of the University of Koenigsberg, is sometimes resorted to.

**"Widal's
Test."**

WIDAL'S TEST is based upon the fact that the blood serum of a person who has typhoid fever is antagonistic to the bacillus typhosus. A drop of blood is obtained from the suspected patient by pricking the lobe of his ear. This drop is placed on a clean glass slide and covered *imme-*

*While it is not the purpose of the writer to speak of methods of treatment given in diseases caused by bacterial invasion, several years experience in training nurses has revealed the fact that many pupils fail to grasp the proper methods of applying hydrotherapeutics when nursing typhoid fever. If the physician orders tub baths, they seem to fail to recognize the necessity for using friction systematically in order to bring about the requisite reaction. When they do use friction, they go about it in such a haphazard fashion that frequently there is an increased elevation of temperature instead of a decreased, and the nervous symptoms at the end of the treatment are more pronounced than before beginning it. (This does not refer to patients whose peculiarities of constitution were such as to contraindicate "tubbing," but to those who, when properly handled, responded admirably). In giving sponge baths, also, very often the right method of sponging is not observed. It seems to be necessary for nurses who are training pupils to pay particular attention to *practical* teaching in this direction.

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diately to prevent other germs which may be lurking about from getting into it, and it is then allowed to dry. A little of the boullion, or other substance, in which the bacillus typhosus is being cultivated is then placed on another clean glass slide and covered. The dried blood of the suspected patient is made into a watery solution and added to the culture. From this mixture of dried blood and typhoid bacillus, what is known as a "hanging drop" preparation is made under the microscope. If the patient has typhoid fever the bacilli will be seen rapidly to lose their power of motion and to form into tangled clumps, or masses, and so get away from the blood serum of the patient. If typhoid fever does not exist, this clumping and entanglement of the bacilli and arrest of their movements does not occur. There is said to be an exception to this rule in cases where the patient has had the disease recently, under which circumstance the reaction may occur without such evidence of the onset of a new attack.

Exception to
*Widal's Test.

CHOLERA is caused by Koch's comma bacillus. Dysentery, a somewhat similar disease, is caused by the bacillus dysenteriae—both of these diseases are contracted through the same sources as typhoid fever is contracted, and the same watchfulness against its spread must be rigidly carried out; also the same precautions as to personal cleanliness and neatness with regard to the nurse, patient, and patient's room. Be especially

Cholera and
Dysentery.

*German authorities spell this scientists name *Vidal*, and assert that he is French and that the American spelling, "Widal," has arisen because of the German pronunciation of the letter V.

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careful to let the pure air and sunshine have free access at all times, and remember the danger from impure water. Epidemics of cholera from that source are not common here. An epidemic occurred in Hamburg, Germany, in the months of August and September, 1892, when nearly nine thousand deaths were reported during the two months. The epidemic was believed to be due to the infection of the river from which that city obtains its water supply. Gipsies had camped on the river banks, and as they had a case of cholera in their midst, the trouble was thought to have arisen from that source.

Sources of Infection.

DIPHTHERIA. The bacillus diphtheriæ, the micro-organism of diphtheria, can be taken into the system in food. It may also be communicated from the sick to the well directly from the mouth, indirectly through the infected dishes, spoons, or other similar articles, or the infection may be breathed in. The germs are found in the discharges from the nose and throat. The nurse must be careful to avoid having the patient cough in her face, as particles of membrane dislodged from the throat are a fruitful source of danger, especially so to both physicians and nurses during operations on the throat, tracheotomy and intubation of the larynx, for the relief of patients suffering from this dread disease.

Intubation and Tracheotomy.

While the seat of invasion in diphtheria is usually the throat, other parts of the body suffer also, which is always the state of affairs in severe germ diseases. A common sore throat forms a good camping ground for the diphtheria bacillus and the deadly work is accomplished very rapidly in many instances. Patients some-

COMMON COMMUNICABLE DISEASES.

times die before their danger is realized by the uninitiated. Suffocation, heart failure and exhaustion are immediate causes of sudden deaths. The nurse must be ever on the alert for symptoms of approaching danger from any of these sources.

Disinfect all discharges from the throat and nose. Observe carefully the precautions with regard to patient and room, sunshine, ventilation and disinfection at the close of case. Be careful to protect your patients from any possibility of drafts striking them. Use a screen about the bed. No patient's bed should be so placed as to be in a current of air. A room properly ventilated is not "drafty" of necessity.

Disinfect and Ventilate.

Membranous croup and whooping cough are contracted in the same way as diphtheria, and are spread by the same means. Moist air is necessary in the patient's room in most cases of diphtheria, whooping cough and croup to relieve the throat symptoms.

Membranous Croup and Whooping Cough.

INFLUENZA OR LA GRIPPE.

The bacillus of this disease finds an entrance to the system through the respiratory tract. Sources of infection are the discharges from the throat and nose, which should always be disinfected.

Various Forms.

There are several forms of "la grippe," notably the catarrhal, bronchial and intestinal forms. In the intestinal form, some physicians advise disinfection of the evacuations also. This is one of the few germ diseases which one is apt to contract very frequently. No number of attacks will afford immunity. Epidemics are common.

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SCARLET FEVER, MEASLES, GERMAN MEASLES, CHICKEN POX.

Methods of Communica- tion.

The germs causing scarlet fever, measles, German measles (Roseola) and chicken-pox are found in the secretions from the nose and throat and in the desquamating (peeling or flaking) skin. The disease can be contracted through direct contact with the afflicted person, articles used in the sick room, such as books, toys, clothing, food or dishes, and also in the dust and sweepings of the ward or room. This is especially true of scarlet fever and measles, and the nurse needs to be more than ordinarily cautious, as the disease can be communicated to the well just as long as any desquamating skin remains. Disinfection before desquamation ceases is practically *a waste of time*. Cats and dogs are believed to carry the germs in their coats and should be kept out of the sick room. Use carbolized oil as an inunction in all of these diseases to prevent or lessen the danger from floating particles of skin. Gowns and bed linen, which are full of these particles, should be removed carefully and placed *at once* in a disinfectant solution. Do not shake them about the room. Dust all furniture with a cloth wrung out of a disinfectant. Destroy all toys, books, etc., used by a scarlet fever patient, *by fire preferably*. Be very thorough in personal disinfection before going to another case.

Domestic Animals.

Sources of Communication Unknown.

MUMPS. In mumps it is deemed wise to disinfect discharges from the throat and nose. Although it has not yet been proven how the disease is contracted, it is conceded by all to be a communicable disease.

COMMON COMMUNICABLE DISEASES.

TETANUS, commonly called "lockjaw," is caused from the invasion of wounds by a germ known as bacillus tetani, usually found in the soil near the surface. The poisonous matter is thrown off through the pus discharged from the wounds. We frequently meet with cases of tetanus caused by the patients having stepped on a nail protruding from a board lying in their pathway. The nail has penetrated the shoe, entered the foot and carried with it particles of soil containing the germs. The bacillus tetani is said to possess the power to do its deadly work in as short a period as twenty-four hours, and but rarely to cause mischief later than the tenth day after the accident.

**Bacillus
Tetani.**

In the past few years a number of cases of tetanus have occurred after Fourth of July celebrations, arising in wounds caused by toy pistols. Blank cartridges of these toys are said to contain the germs, although authorities are of the opinion that the germs are probably upon the *soiled* hands of the child before the accident and that they cause trouble in the wound afterward just as they do in other gunshot accidents in which tetanus arises. A law was passed last year in many of the large cities of the United States prohibiting the sale of these pistols.

**Fourth of
July Toy
Pistols.**

The throat and jaws seem to be the parts most affected when the symptoms first appear. A feeling of stiffness and sometimes of pain in these parts is complained of. Rapidly the stiffening of the jaws increases. Severe muscular spasms develop, at first in the muscles of the jaw, but soon to spread over the entire muscular system. The spasms increase in rapidity and severity until

Symptoms.

BACTERIOLOGY IN A NUTSHELL.

Arching of the Back.

they are kept up almost continuously. (The spasms seen in tetanus are somewhat similar to the spasms from strychnia poisoning.) Eventually the jaws become tightly clenched, the back is bowed and the patient is frequently found to rest only on the back of his head and his heels, the rest of the body arching upward from the bed. Death commonly occurs from exhaustion. The majority of cases prove fatal.

Effect of Medicines.

Medicines seem to have no effect in arresting the progress of tetanus. Chloroform and opiates are used by many physicians for the temporary relief they give from the violence of the spasms. In recent years the antitoxin treatment has saved some lives. In order to be of any marked value it must be administered early in the case.

Management of Tetanus.

The nurse is instructed to keep the patient's room darkened and to guard him from all disturbances. Noises are said to aggravate the spasms, and she is cautioned to keep him quiet. He should be watched very closely and must not be left alone a minute. Strenuous efforts to give him nourishment must be made. As the jaws are tightly clenched, recourse is had to nutrient enemata. "Nose feeding" is not recommended by the best authorities, as it is believed to aggravate the spasms. Opiates are sometimes given by rectal injection also.

Preventive Measures.

Some physicians now recommend opening up accidental wounds as quickly as possible after they occur. A thorough irrigation of the wound with an antiseptic solution then follows, such irrigation to be kept up at frequent intervals until all danger of the invasion of the bacillus tetani is over. Between the irrigations, the

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wound is protected by an aseptic dressing held in place by a bandage.

ERYSIPELAS, at one time regarded as an acute inflammation of the skin, is now attributed to the invasion of the system by the streptococcus pyogenes* which gains an entrance through wounds, and sometimes through scratches or punctures of the skin so tiny as to be almost imperceptible to the naked eye. The disease is spread by means of small particles of desquamating skin from the affected part floating in the air and by pus from the wound in some cases. It is carried from one person to another by actual contact, clothing, or other infected articles, such as bedding, towels, dressings, and anything used by patients. It may also be communicated by the hands of the physician or nurse or by instruments used in treating the case. All such outlets and inlets of this most mischievous germ must be well guarded by the nurse. Burn all old dressings immediately and use disinfectants rigidly throughout the case and at the close of the case.

**Cause of
Erysipelas.**

**Channels
of Outlet.**

While the erysipelas germ is liable to attack wounds, the disease frequently appears where there is no perceptible wound. A rose-red blush of the skin is seen. The edges of the affected area are clearly distinct from the healthy surroundings. There is usually a swollen condition and the sick one complains of a tightness and stiffness in the diseased region. Erysipelas spreads rapidly when it attacks loose tissues, such as those of the face, and preventive applications

*When the streptococcus pyogenes invades the skin we have erysipelas; when it invades the blood, we have septicemia or "sepsis," and other inflammations in which suppuration occurs.

BACTERIOLOGY IN A NUTSHELL.

Alcoholic Subjects.

have to be made early in the case. It is a very severe disease in some instances, particularly so in persons addicted to the habit of using alcoholics to excess.

Various parts of the system are affected as shown by elevation of temperature, nausea, and frequently vomiting, headache, rapid pulse, and after the disease is well advanced in bad cases there may be delirium and exhaustion. The disease sometimes proves fatal.

TUBERCULOSIS. All forms of this disease, which attacks various parts of the human structure, are caused by the bacillus tuberculosis. Tuberculosis of the lungs is called phthisis or consumption. When the germs attack the lymphatic glands the disease is spoken of as scrofula. Tuberculosis of the skin is termed lupus. The nurse meets with tubercular joint disease, tubercular disease of the kidneys, tubercular meningitis, tubercular peritonitis and so forth.

Methods of Entrance.

The germ which is responsible for the development of tuberculosis generally gains admission to the system through breathing in air in which they are circulating, but it may be taken in through other sources; for instance, by drinking milk containing the germs. Jersey cows are said to be subject to tuberculosis and their milk apt to contain the germs. Wounds also admit the germs.

Predisposing Causes.

Persons predisposed to tuberculosis are those whose chests are not well developed, whose circulation is poor and whose vitality is low, particularly if their surroundings and occupations are unhealthy. Those who have to work in dusty, overheated, badly ventilated rooms, for

COMMON COMMUNICABLE DISEASES.

example. Insufficient or poor food is given as another cause favoring the development of the disease. When one of these causes, or several of them, weaken the structure, power of resistance is lessened, and when the germs gain an entrance we fall an easy prey to the ravages of the disease, if they are not sought after and driven out at an early stage.

The duties of the nurse when caring for a tubercular patient are to thoroughly disinfect all sputa, cleanse and disinfect all sputa cups, and to destroy by *fire* all dressings used on tubercular wounds. Many physicians demand that *sputa be burned* also, and special sputa cups are now in use with a detachable water-proof lining made of a sort of pasteboard. These linings are put up in packages which come with each sputa cup. They are easily slipped in and out and are changed several times a day. They are burned immediately on removal from the cup. Bed and personal clothing (particularly handkerchiefs) must be treated to a bath of boiling water or well soaked in a good disinfectant solution before placing in the general wash. While tubercular patients are not isolated in the same sense in which scarlet fever or diphtheria patients are, they should occupy separate bedrooms and the use by others of a tubercular patient's dishes should be discouraged.

**Early
Precautions.**

Keep your patient out of doors in the fresh air and sunshine as much as possible. "Out of doors *all the time*, and sleep and eat in the open air in a proper climate" is getting more and more to be the prescribed treatment. To which is added as indispensable, plenty of nourishing, easily-digest-

**Fresh Air
Treatment.**

BACTERIOLOGY IN A NUTSHELL.

ed food, perfect cleanliness and neatness of person and surroundings and a cheerful atmosphere at all times. The nurse who pays strict attention to all of these requisites is a valuable and *valued* assistant to the physician fighting this disease.

The Mosquito Anopheles.

Plasmodium Malariae.

Length of Days and Multiplication.

Mode of Communica- tion.

MALARIA. Malaria is now classed as a disease of bacterial origin and is believed to be carried from the sick to the well by a species of mosquito—the anopheles. Those who live in low, damp localities or near “swampy” regions are more apt to be attacked. The germ to which the poison of malaria is said to be due is called plasmodium malariae. These germs get into the red corpuscles of the blood, live upon them, and destroy them. We are taught that there are three varieties of the malaria germ, one of which lives in the human structure seventy-two hours, and the other two forty-eight and twenty-four hours respectively. Their death, sad to say, does not mean the end of the mischief they accomplish, as when they cease to exist themselves they divide up into a number of tiny particles or segments each of which means a new life or germ. These new germs attack other red corpuscles and live upon them until they, too, die, but in dying they form new parasites, as their parent germs did before them. Each fresh set of germs destroys a large number of the red corpuscles.

Koch, and other scientists, who teach that the germ is carried by mosquitoes, believe they slake their thirst in infected pools in swamps and then alighting on healthy bodies they communicate to them the disease—producers by inoculation. They also teach that these mosquitoes carry the

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poison in the same way from the sick to the well. Prevention is only possible by destroying the mosquitoes.

CEREBRO-SPINAL MENINGITIS is caused by the diplococcus intracellularis meningitidis. It is not communicated from the sick to the well in the same manner in which most communicable diseases are, and the germs are not found in the excretions unless there are lesions formed either of the brain or spinal cord. The exact method by which the germs enter and leave the structure has not been fully decided upon by scientists, but nurses are instructed that it is safest to disinfect all discharges from the body, all personal clothing and bed linen; also to fumigate the room at the close of the case.

**The Germ a
Diplococcus.**

The seat of invasion in cerebro-spinal meningitis is in the membranes which cover and enclose the brain and spinal cord. The germs set up an inflammation of these membranes, which are known as the meninges, but the poison is also distributed to other parts of the body. Inflammation of the meninges is a characteristic symptom by which the disease is made manifest. Sometimes only a small portion is affected, at other times the greater part of the cerebral surfaces are involved. This is one of the very few diseases in which the nurse is told that lack of strict personal cleanliness, so far as the patient is concerned, must sometimes be permitted because of the necessity for absolute rest and freedom from all movement.

**Seat of
Attack.**

About one-half of the number of cases of cerebro-spinal meningitis end in death, and about three-fourths of its victims are children under

ten years of age. There have been epidemics of the disease in the United States. One of the most appalling occurred in a small town in Pennsylvania (population 6,000) in 1864, when it is said that some four hundred children lost their lives. The very best medical attention and most careful nursing are necessary to bring about recovery.

**The Germ of
the Disease.**

PNEUMONIA. Pneumonia is one of the most serious of all diseases due to the invasion of the human structure by bacteria. The special germ to which this disease owes its origin is the diplococcus pneumonia, or "Fraenkel's diplococcus lanceolatus," which is also said to produce meningitis, pleurisy and ulcerative endocarditis. The disease produced in all cases is an inflammation, the manifestation of which is modified by the portion of the body invaded. Pneumonia is an inflammation of the lungs, sometimes of one or more of the lobes of one lung, sometimes of the lobes of both lungs, or it may be an inflammation of all of both lungs. Endocarditis is an inflammation of the endocardium or membrane lining the heart. Meningitis is an inflammation of the meninges or membranes which enclose and cover the brain and spinal cord. These various organs have various functions; this function is interfered with when the organ becomes inflamed and the symptoms are different, while the cause may be the same. The germ was discovered first in the lungs in pneumonia and took its name from that disease. As was mentioned in Chapter I, broncho-pneumonia is often caused by other germs, but authorities are of the opinion that in genuine, acute, lobar pneumonia the diplococcus pneu-

**Why Named
for Pneumonia.**

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monia is always present. The germ is a very common one. It is found in the dust and sweepings of rooms and is frequently present in the mouths of the healthy. Exposure to severe weather or dampness which has produced a heavy cold acts as a predisposing cause. The system is invaded, resistive power weakened, and an attack of pneumonia follows. The germs enter the lungs through the respiratory tract, often causing disastrous changes in these organs. The poison is eliminated from the system through the secretions from the seat of the disease, usually the sputum, which should be disinfected or burned as in tuberculosis.

Predisposing Influences.

Entrance and Excretion.

Pneumonia has been called the "Captain of the Men of Death," because it carries off annually more victims than any other disease. In few other forms of illness is such constant care and watchfulness on the part of the nurse demanded as in pneumonia. The disease usually ends by crisis, when collapse or great prostration of all the vital forces may occur. Or the patient may die during the course of a severe form of the disease from suffocation or heart failure. Such patients must not be left alone under any consideration. Heart failure is, perhaps, a point especially to be impressed upon the nurse, as any sudden exertion or excitement on the part of the patient may bring about the dread calamity. One attack of pneumonia instead of affording immunity, seems to predispose to other attacks.

Importance of Nursing.

Immediate Causes of Death.

RELAPSING FEVER. The micro-organism which causes relapsing fever, discovered by Obermeier in 1873, is termed *Spirocheta Obermeieri*. Scientists are of the opinion that the disease is

Obermeier's Germ.

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Method of Communication Uncertain.

carried from the sick to the well by the bite of insects, although the actual method has not been fully determined. An epidemic of relapsing fever occurred in New York and Philadelphia in 1869. It is not a common disease in recent years, and epidemics unheard of, owing to improved sanitary conditions.

Impure Water and Mosquitoes.

FILARIASIS is a disease due to the *filiaria sanguinis hominis*, a small worm-like parasite. It is admitted to the body, usually, through the alimentary canal in impure drinking water. Mosquitoes are believed by some authorities to cause a spread of the disease by the inoculation of their victims with the blood of diseased persons. The seat of the disease is the deeper lymphatics. Prominent symptoms are chyle in the urine, œdema of the skin (swelling due to effusion into connective tissue), and hypertrophy (morbid enlargement) of the cellular tissues, known as "elephantiasis."

Prevention.

Prevention consists in removing the sources whereby drinking water is contaminated and in destroying the mosquito.

Cause.

YELLOW FEVER. While yellow fever is not a disease commonly met with by the nurse in this part of the country, we will speak of it briefly in this connection. It is a disease which is very rapidly spread by means of a species of mosquito, the *stegomia fasciata*. These insects transmit the germs by direct inoculation of blood from the sick to the well. The disease is not air borne, nor is it carried in clothing, books or other such articles. The mosquitoes must be destroyed in order to prevent the spread of the disease.

In the Southern States and in Mexico, where

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epidemics of yellow fever occur every year, physicians surround the beds of patients suspected to be developing the disease with a netting to prevent the onslaughts of the mosquitoes. Dr. Walter Wyman, surgeon of the U. S. Marine Hospital, in speaking of the disease in Texas and in Mexico, says that it is necessary to screen the beds of "suspects" because it is not possible to tell until the fifth day whether or not the disease is the "dread yellow variety" which is communicable only "*during the first three days.*" Strenuous efforts are being made by the health officers in all parts of Texas and Mexico to exterminate the pestilence-breeding and disease-carrying mosquitoes. Water barrels, which are much used in these places and which form favorite haunts for the mosquitoes, are screened also. All pools and swamps are treated with oil and in some places drained and filled in.

Preventive Measures.

BUBONIC PLAGUE is caused by the bacillus pestis. This germ has the power to enter the body through wounds, the alimentary canal, or the respiratory tract. The infection is thrown off in the pus from wounds, in sputum and in discharges from the body. When a wound is invaded by the germs, a severe local inflammation results and quickly spreads to the lymphatic glands. Flies and other insects are said to transmit the disease.

The Bacillus Pestis.

SMALLPOX. The micro-organism which causes smallpox was reported as discovered by Dr. Wm. T. Councilman, of Harvard College, Boston, Mass., in the early spring of 1904. He made known his discovery during the course of a lecture given in that city on "The Aetiology of

Discovery of the Germ.

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Koch's Circuit Not Proven.

Smallpox." He described the germ of smallpox as a "protozoon," representing the very lowest order of animal life and therefore quite different from the vegetable micro-organisms common to the majority of communicable diseases. Dr. Councilman is said to have proven that his germ will produce smallpox by his experiments on rabbits and monkeys, but as it is not produced by cultures Koch's circuit is not traced.

An Air-borne Disease.

Smallpox is one of the air-borne diseases and enters the system through the respiratory tract and may also be introduced through the skin. The disease is so readily communicable that all discharges must at once be disinfected or burned. The chief factors in the spread of the disease are the secretions from the nose and throat and the desquamating skin, all of which contain the poison. Flies which alight on the patients spread the disease. Patients must be protected by screens about their beds. Great care should be observed to prevent particles of peeling skin from being carried by the air as floating dust. In giving the baths the water should contain a disinfectant. Antiseptic washes are used and also inunctions of antiseptic ointments or oils to lessen the danger from desquamation. Formaldehyde vapor is recommended for fumigation after disinfection at the close of the case.

A Matter of Precaution.

A lecturer* on "Specific Fevers" when speaking in the writer's presence on the subject of smallpox a few years ago, advised a class of

*Dr. Robert Saunders Henry, lecturer on Specific Fevers, Thomas Hospital, Charleston, West Virginia,, '98 to '02..

SUMMARY AND REVIEW.

pupil nurses as a matter of precaution to "burn everything but the patient at the close of the case."

Preventive treatment in smallpox epidemics consists in the rigid carrying out of vaccination. It is not considered that a nurse who has been recently vaccinated incurs the slightest risk in nursing smallpox.

**The Nurse's
Danger.**

SUMMARY OF CHAPTER V.

The terms contagious and infectious as formerly used have given place to the more accurate term "communicable."

The specific invading micro-organism of some of the communicable diseases.

Means of transmission—methods of entrance.

Seat of invasion.

Effects—constitutional or local.

Multiplication or extermination of germs.

Cleanliness and fresh air as preventives of diseases termed communicable.

The points demanding most careful attention on the part of the nurse in all communicable diseases. Disinfection, etc.

QUESTIONS FOR REVIEW CHAPTER V.

I.—Give the nurse's duties, especially as applied to the severe forms of infectious diseases.

II.—Give methods of entrance and means of communication in the diseases designated; typhoid fever, diphtheria, scarlet fever, tetanus, tuberculosis, smallpox.

III.—What location is named as the seat of

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invasion in typhoid fever? Describe the progress of the disease resulting in hemorrhage and perforation.

IV.—In which of the communicable diseases do you consider most rigid disinfectant and anti-septic precautions necessary?

V.—Name some communicable diseases believed to be due to impure water.

VI.—Describe symptoms of tetanus. State the usual cause of the disease. How long after injury may danger of the attack exist? What treatment is recommended as preventive?

VII.—What conditions are conducive to the development of tuberculosis? Give method adopted as preventive of its spread. Name treatment most in favor and state the nurse's duties.

VIII.—How is the mosquito responsible for the spread of malaria? What effect has the disease upon the blood of its victims? Are the parasites long lived? In what manner do they multiply?

IX.—Which are most susceptible to meningitis, old or young people. Why are the methods of cleanliness so rigidly carried out in other infectious diseases not recognized in meningitis?

X.—What conditions favor the development of pneumonia? Show why constant vigilance in caring for a pneumonia patient is so necessary?

XI.—To what means of communication is yellow fever confined? What preventive measures are used?

XII.—How does the germ of smallpox discovered by Councilman differ from those of other communicable diseases? What essential part of Koch's circuit is not carried out?

SUMMARY AND REVIEW.

XIII.—Why should a strenuous use of disinfectants be maintained in nursing smallpox? Name the principal preventive treatment.

XIV.—Does the nurse incur greater risk in nursing smallpox than in nursing other severe forms of communicable diseases?

BACTERIA IN SURGERY.

CHAPTER VI.

SEPSIS, ASEPSIS AND ANTISEPSIS.

In surgical practice the bacteria met with most frequently are the following:

**Germs
Commonly
Encountered.**

The *staphylococcus pyogenes aureus*, the *streptococcus pyogenes*, the *bacilli coli communis*, the *bacillus tuberculosis* and the *bacillus tetani*.

The Staphylococcus *Pyogenes Aureus. Water, dust and air are all means by which this micro-organism is distributed. It is found, also, in the mouth, under the finger-nails, and in superficial layers of skin. This is the germ most frequently found to be concerned in severe forms of inflammation confined to small areas in which pus is found, described as "acute, suppurative circumscribed inflammation." While the *staphylococcus pyogenes aureus* does not form spores, it is very difficult to destroy, resisting to a remarkable degree all means used for its extermination.

The Staphylococcus Pyogenes *Albus and *Citreus. These germs are found in the pus

*Pyogenes signifies pus-forming: Aureus, golden-yellow.

Albus means white.

Citreus, citron-yellow. These colors are assumed when seen in growing cultures.

from acute abscesses, but are less virulent than the staphylococcus pyogenes aureus.

Streptococcus Pyogenes. One of the most frequent causes of peritonitis after surgical operations (post operative peritonitis) is said to be the germ streptococcus pyogenes. It is found also in puerperal endometritis (inflammation of the mucous membrane lining the uterus after a child is born); in ulcerative endocarditis (inflammation of the membrane lining the heart accompanied by ulceration), and is also believed to be the cause of general septicæmia (general poisoning of the system due to bacteria in the blood).

Diplococcus Pneumonia. This micro-organism, or germ, is found in empyema (formation of pus in a cavity), and in acute abscesses.

Bacillus Tetani. Surgeons always fear the bacillus of tetanus in accidental wounds, particularly those which have been exposed to danger of infection from the dust of streets, stables, or cellars.

SEPSIS, ASEPSIS AND ANTISEPSIS. Sepsis is the result of the gathering of bacteria into the blood. Bacteria, as we have already said in a previous chapter, is the name given by scientists to the large field or group of vegetable micro-organisms we commonly hear spoken of as "germs" or "microbes."

**The Cause
of Sepsis.**

We have also said that there are special bacteria for special diseases, as for example the "bacillus typhosus" in typhoid fever. In tuberculosis the "bacillus tuberculosis," etc. The shape of the bacteria in many instances giving to it its name, viz.: bacillus, "rod-shaped or pencil-like," spirilla, "twisted or curved," cocci or micro-cocci,

"sphere-shaped," or like a ball or marble, with modifications or subdivisions of these shapes as for experimental purposes they are cultivated in broth or other liquid, and their varied methods of forming into groups is seen under the microscope. These varied groups are spoken of as "clusters," "chains," "twos," "fours," "eights," and so forth. Sometimes the disease in which the germ is first found gives to it its name. The bacteria found in sepsis when seen under cultivation are grouped in "chains," and the name given to them is *streptococcus pyogenes*.

Sepsis means poisonous or putrid. Asepsis, free from poison or putrefaction. Antisepsis, against poison or putrefaction. Sepsis is found in general surgery, in gynecological surgery and in obstetrics. But it ought not to be found in any one of them. In these days of aseptic surgery when so much time and thought and expense are given to the preparation of the patient, operating-room, dressings, surgeon's gowns, caps, instruments, etc., so as to render all these, and surgeons, assistants and nurses as well, absolutely free from poison (aseptic) by the use of antiseptics no one should suffer from so terrible a condition, a condition dreaded by all physicians and nurses.

**Sepsis Should
Not Occur.**

Following the preparation of dressings, bandages, gauze, sponges, etc., the utmost possible vigilance is necessary in order to be sure that all are *kept aseptic* after they have been *made aseptic*. Of what avail is the special process they undergo if the packages containing them are opened and the dressings passed to the surgeon by a nurse or assist-

STERILIZATION AND DISINFECTION.

ant who has not been properly prepared by the free use of soap, hot water, scrub-brush and the after thorough use of antiseptics, especially in "hand cleansing." Of what use is it to use an aseptic brush, antiseptic solutions and so forth in preparing the area to be operated upon if the nurse who does the scrubbing and who uses the solutions has been opening and closing windows and doors, or touching other things not aseptic, and then comes to take part in the work mentioned without first thoroughly scrubbing and sterilizing her hands? It is after just such blunders as these in operating rooms, or in private houses, that trouble with the patient often arises. There is great reason to wonder why trouble does not arise in every case carelessly handled. Frequently the patient comes through the operation well, and for a day or two seems to be doing nicely, then comes a chill, a sudden rise of temperature, an increased pulse rate, the patient is restless and uneasy, and has a worn, anxious expression; other symptoms more or less alarming appear. The physician is hastily summoned, and with a grave face, which he vainly tries to brighten in the patient's presence, he examines the chart, then mutters beneath his breath "*sepsis*;" always a dread word even to physicians and nurses grown old in the work. He removes the bandages and dressings to find abscesses formed about the stitches he had put in with such care, or, worse still, pus oozing from between the stitches. Then comes a hand to hand fight to overcome the effects of the poison and save human life, which, sad to say, cannot always be

**Blunders
During
Operations.**

**Result of
Blunders.**

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accomplished, no matter how closely the physician's orders are carried out.

Sepsis Cases
Becoming
Rare.

In place of a surgical case we may have a case of *obstetrics, perhaps a case in which it has been necessary to use instruments. The nurse in preparing them for the physician's use has not been sufficiently careful, or in some other way something containing the germs of disease has been carried into the puerperal genital tract. Again we have the characteristic symptoms observed in the surgical case, and again the dread word "*sepsis*," rings in our ears. Glad we are to be able to say that such cases are more rarely encountered as the years go by. A conscientious, well-trained nurse will watch every corner, and let no source of infection escape her keen eye. She will use all antiseptic precautions herself, and she will also guard well her work against any such disasters (or worse) as have already been alluded to.

The Debt We
Owe Lister.

Surgeons, themselves, as a rule, realize very fully the grave responsibility of a life at stake; but seldom do we meet a careless one. They, as well as the world at large, owe a debt of gratitude to Lord Lister for the discovery of the pos-

*In some of the best Maternity Hospitals of the present day all personal clothing, as well as bed linen, used for both mother and infant during the first week are sterilized, just as for a surgical case. This applies especially to the gowns, abdominal bandages, perineal pads, diapers, etc. These are put up in packages, separate from those containing gauze for the cord, silk, etc. Each package contains sufficient clothing for one day. After sterilization they are not handled until needed. Infants so cared for are said to be less troubled with skin eruptions, and there are no infections of the cord. Sterilization of articles used for the mother serves as a further protection against sepsis.

DISINFECTANTS—HOW MOST EFFECTIVE.

sibility of the *overthrow of the power of sepsis* through the use of antiseptics.

Sterilization.

STERILIZATION AND DISINFECTION.—We often hear the terms sterilization and disinfection used interchangeably as expressive of the same meaning, which, strictly speaking, is not accurate. When we sterilize anything we are supposed completely to destroy the vitality of all bacteria present, either within, or upon the substance sterilized. The process of sterilization is accomplished by the proper application for a stated period of either chemical agents or heat.

Disinfection.

In order to disinfect anything we do not necessarily destroy all the bacteria present, but only those that are harmful, because of their power to create disease—power to infect, in other words.

Antiseptics.

Certain substances used to prevent the growth of bacteria, but which may not *necessarily destroy* them, are called antiseptics. An antiseptic does not always possess the power to disinfect, but a disinfectant is always an antiseptic.

Germicides.

Germicides and disinfectants are interchangeable terms because they both possess the power to destroy disease-producing germs.

Deodorants.

Deodorants are substances or agents used to destroy offensive odors; they are not of necessity disinfectants, but they may be.

VARIOUS CONDITIONS MODIFY THE POWER OF DISINFECTANTS.

I.—The kind of bacteria we wish to destroy. Some are more difficult to kill or to render powerless to do mischief than others. Spores are found much harder to deal with, as was spoken of in describing their formation, than the bacteria from which they spring.

**Conditions
Modifying the
Power of
Disinfectants.**

BACTERIOLOGY IN A NUTSHELL.

II.—The number of bacteria to be destroyed. If a large number are present more of the solution is necessary than for a small number. Completely saturate the mass *always*, for whatever number.

III.—The temperature and strength of the solution. *Hot* disinfectants are more effective than warm or cold disinfectants.

IV.—Material with which a solution may come in contact. If some disinfectants come in contact with *organic matter*, they are rendered of little or no value thereby. The writer remembers seeing a pupil nurse sent three times to empty out and prepare anew a disinfectant solution because an assistant *put his soiled finger* into the first two, in order to test the temperature, and was about to make the same blunder a third time when prevented by the whispered admonition of the head nurse. The lesson is plain.

An Assistant's Mistake.

Hot air, steam or boiling water, are all disinfectants or germicides. The value of hot air or dry heat as a disinfectant is limited, as there are so many things which cannot be disinfected by either without being injured. *Moist heat* is more penetrating than hot air, and mattresses, clothing, and surgical instruments can all be treated by moist heat without sustaining injury. Clothing stained with pus, or fecal matter, should not be disinfected with steam heat, as the stains will be found difficult, if not impossible, to remove afterward.

Boiling water is warranted to destroy all known bacteria or their spores if exposed to its power for a sufficient period.

ASEPTIC MEASURES.

INTERMITTENT STERILIZATION. By intermittent sterilization we mean the exposure of articles to be sterilized to the action of live steam for one hour on three successive days. Certain spores are known to retain germinating powers after being treated to a bath of boiling water, and the end sought in intermittent sterilization is to destroy all bacteria which may develop from spores after the first or second sterilization. The process is only rarely necessary, because exposure to live steam for one hour usually kills both bacteria and spores.

Definition.

In aseptic surgery many consider the use of both heat and chemicals necessary in order to insure freedom from all pathogenic bacteria and their spores. This applies only to the preparation of dressings, sponges and the skin, except in diseased conditions. "*Clean, healthy tissue contains no bacteria.*" "Wounds in healthy tissue tend to heal spontaneously."

**Healthy
Tissue
Aseptic.**

"Antiseptics being all more or less irritant tend to interfere with the healing process."

If a healthy wound is properly protected from possible invasion of micro-organisms, the use of antiseptics is unnecessary and may be injurious. Infection may reach the wound in several ways:

**Infection of
Healthy
Wounds.**

I.—Because the room in which the operation is performed is not properly prepared, or if sweeping or dusting is done just when the wound is to be uncovered for dressing. Dust must always be wiped up in sick-rooms with a cloth wrung out of a disinfectant solution.

II.—Use of water not sterilized, or not kept covered after sterilization, when it again becomes filled with micro-organisms.

**Never Dust
With a Dry
Cloth.**

BACTERIOLOGY IN A NUTSHELL.

III.—If the skin of the patient has not been made aseptic prior to the operation. No matter how cleanly a person may be, the skin, the hair follicles, and sweat glands all harbor bacteria, and if not properly attended to these may invade the wound. (Ordinary *cleanliness* is not “surgical cleanliness.”)

IV.—The hands of the surgeon or nurse may cause the trouble.

**Responsibility
of the Nurse.**

V.—Instruments, drainage, the clothing of patient, or operator or nurse, ligatures, sutures, sponges, dressings, towels, any of which may be infected. The nurse's duty is to guard against danger of infection from whatever source.

DISINFECTION AND DISINFECTANTS.

**Precautions
Used.**

No. 1. HAND DISINFECTION.—Method used by Dr. E. Gustave Zinke, chief of staff and surgeon the German Hospital, Cincinnati, O., in disinfecting the hands. *First*, cleanse the hands (including the arms above the elbows) with plenty of antiseptic soap and hot water, using a sterile brush vigorously for ten minutes, especially for the nails. beneath which germs lurk. *Second*, clean the nails thoroughly with a nail knife or file, to remove any bacteria the nail brush may have left behind. *Third*, wash the hands again, as the nail cleaning process may have deposited particles of dirt containing germs on the hands. *Fourth*, soak the hands and arms for several minutes (2 to 3) in a solution containing about twenty grains potassium permanganate to each pint of water, and then in another solution of oxalic acid (saturated solution), soaking the hands for the same length of time. The po-

**Soak Hands
and Arms.**

HANDS AND INSTRUMENTS, ETC.

tassium permanganate is a good germicide, unless it comes in contact with organic matter, and oxalic acid is a still better one; it also removes from the hands the brown stain of the potassium permanganate. *Fifth*, soak the hands and arms in alcohol, and again in hot sterile water. The alcohol as a further precaution against bacteria, and the sterile water to relieve the irritation caused by the vigorous scrubbing and use of strong solutions. During operation Dr. Zinke uses alcohol, bichloride of mercury solution, 1-8,000, and sterile water for further protection.

No. 2. HAND DISINFECTION.—Some surgeons use alcohol, followed by bichloride solution and hot sterile water, applied in the same way as the permanganate and oxalic acid are used after the vigorous scrubbing with brush, soap and water and use of nail knife recommended in No. 1. There are various other methods of hand disinfection.

Alcohol and
Bichloride
Preferred.

No. 3. HAND DISINFECTION.—The method of hand cleansing and sterilization used by Dr. F. S. Thomas, chief of staff and surgeon of the Thomas Hospital, Charleston, West Virginia, is as follows:

A West
Virginia
Surgeon's
Method ('98-'02).

I.—*Five to ten minutes* thorough washing and scrubbing with green soap and hot water, using a sterile nail brush vigorously, especially about the finger nails, and drying with a sterile towel.

II.—Careful cleaning and clipping of nails with nail file and knife.

III.—A second washing of hands with soap and hot water for further cleansing from nail deposits.

BACTERIOLOGY IN A NUTSHELL.

IV.—Chloride of lime paste was next well rubbed into hands and nails, and well rinsed off in a soda carbonate solution.

V.—Soaking of hands two to three (2 to 3) minutes in a bichloride of mercury solution 1-4000, followed by hot sterile water.

During operation Dr. Thomas used frequently for his hands a bichloride of mercury solution 1-4000, followed by sterile water as a precautionary measure.

Thorough
Cleansing
Required.

Watch Your
Scalpels.

Cover
Instruments
Quickly.

TO DISINFECT SURGEONS' SCALPELS AND INSTRUMENTS:—First, cleanse instruments and scalpels thoroughly, paying particular attention to all crevices and hollow parts. Wrap the blades of the scalpels in cotton and place in a separate tray above the tray in which you place the other instruments, as scalpels must only be boiled two minutes, to prevent dulling their edges. Place both trays in the sterilizer in which water is boiling (the water should contain a small quantity—2%—of carbonate of soda). Boil all instruments except scalpels or bistouries twenty minutes. Remove from the sterilizer and place *immediately* in a five per cent (5%) solution of carbolic acid, covering the receptacle with a sterile towel, unless the surgeon prefers to use his instruments dry, which many do; in this case they are placed in a sterile receptacle and covered as quickly as possible. The same process of cleansing and sterilizing should be adopted after an operation; they must be wiped dry with a sterile instrument cloth before returning to the instrument closet.

The method of sterilizing instruments adopted by some hospitals is to wrap the instruments in

SPUTA, CLOTHING, BEDS, BEDDING, ETC.

a sterile towel after cleansing thoroughly, and then exposing them to the influence of live steam for a stated period; about thirty minutes.

To DISINFECT SPUTA AND SPUTA CUPS:—

Pour into the cups sufficient hot five per cent (5%) carbolic acid solution to saturate the contents of the cup. Add a small quantity of carbonate of soda (common washing soda) to loosen the sputa from the sides and bottom of the cup; *cover* and allow to stand until cold before emptying. The cups should be well cleansed and boiled once a day in a soda-carbonate solution, particularly the sputa cups of tuberculosis patients.

Use of Soda Carbonate.

Boil Sputa Cups.

To DISINFECT CLOTHING, BEDS, BEDDING AND FURNITURE:—Personal clothing, towels and bed linen used in the care of communicable diseases must be soaked for an hour or more in a proper disinfectant solution (carbolic acid, sol. five per cent (5%) is good), and then thoroughly washed. Dry in the outdoor air and sunshine. Mattresses and pillows should be exposed to the influence of live steam for a sufficient length of time to do good work. When there is no apparatus for the steaming process, wash the surfaces of pillows and mattresses with the disinfectant solution, turn over the foot-boards of the beds in rooms or wards to be fumigated, so that the substance used for fumigation may reach them *from all sides*. To complete the process, put them out in the fresh air and sunshine for twenty-four hours. Mattresses stained with typhoid fever defecations would better be burned.

Out-door Air in Disinfection.

Exposure from all Sides.

Beds, windows, walls, floors, woodwork and all pieces of furniture first must be cleansed with

BACTERIOLOGY IN A NUTSHELL.

Leave Bureau and Other Drawers Open.

soap and hot water and then washed with the disinfectant solution. Bureau and stand drawers should be treated in a similar way, *and left open* for fumigation. If floor rugs are used they should be wiped off with the solution, and both sides exposed to the fumes of formaldehyde or other substance just as recommended for mattresses. Then they should be hung up and well beaten in the open air, and left there for twenty-four hours also.

Removal of Odors.

Reversible Rubber Sheeting.

TO DISINFECT RUBBER SHEETS:—First, wash clean in hot water with soap and brush, rinse in clear water and soak one hour in carbolic acid five per cent (5%) solution, or other good solution. Wipe dry and hang out in the fresh air and sunlight to remove any other odor than that of rubber. Sheeting with the rubber preparation on either side (reversible), is the best and safest in nursing communicable diseases. The disinfecting can be more thoroughly accomplished, and the sheets *look safe*. This sheeting makes a good covering for all vessels used for evacuations, etc., to be disinfected.

SUMMARY OF CHAPTER VI.

Bacteria in surgery. Cases in which they are found.

Sepsis, its cause, the germ found in sepsis. Why there should be no cases of sepsis in the present age. Why sepsis is so much to be dreaded.

The "everlasting and eternal vigilance" necessary in surgical work and nursing. The dangers to be guarded against. What may come of blunders in surgery and in obstetrics.

SUMMARY AND REVIEW.

Responsibility recognized by most surgeons as too great to be trifled with.

The nurse's responsibility should be ever uppermost in her thoughts.

Sterilization. Disinfection. Antiseptics. Germicides. Deodorants.

Conditions which may lessen the power of disinfectants.

Heat as a germicide. Intermittent sterilization.

Aseptic surgery. The precautions necessary to prevent infection from reaching healthy tissues.

QUESTIONS FOR REVIEW—CHAPTER VI.

I.—What germs are most commonly met with in surgery? What cases are they most likely to attack?

II.—What germ do physicians most fear in a certain class of accidental wounds?

III.—Define sepsis, asepsis, antiseptis. What germ is said to be responsible for the disease sepsis? How does it gain an entrance to the human structure? Is it easily overcome? Describe the symptoms of sepsis. Seat of invasion in sepsis.

IV.—Describe in detail the work of the nurse in guarding sources of infection before, during and after operations and in obstetrics.

VII.—Define sterilization and disinfection. Antiseptics. Germicides. Deodorants. Are germicides and disinfectants interchangeable terms?

VIII.—Give an accurate explanation of the conditions modifying the power of disinfectants.

BACTERIOLOGY IN A NUTSHELL.

IX.—What do you know of intermittent sterilization? Explain where its use is advised.

X.—Define aseptic surgery. What do many surgeons consider necessary adjuncts to safety in the practice of aseptic surgery. Describe in detail the precautions you would observe in protecting healthy wounds from infection.

CHAPTER VII.

SOLUTIONS, THEIR USES AND PREPARATION.

CARBOLIC ACID SOLUTION AS A DISINFECTANT:
—Carbolic acid solution may be safely used for the disinfection of personal clothing, bedding, excreta, surgical instruments and appliances. It cannot be relied upon to destroy *spores*, and therefore should not be used as a disinfectant in tetanus, anthrax, malignant œdema, or in any disease due to invasion of spore-forming bacteria. A one per cent. strength solution is said to be sufficiently strong to destroy the germs of cholera, typhoid fever, diphtheria and erysipelas if used *hot* in sufficient quantity, and allowed to stand an hour, so as to completely saturate the material to be disinfected.

A five per cent. (1-20) solution is necessary in surgical practice, in order to be reliable. Fifty-one drams of liquid carbolic acid dissolved in each gallon of water makes a five per cent. solution. Pour boiling water over the carbolic acid and mix thoroughly. To make a small quantity of a five per cent (5%) sol. carbolic acid (1-20) add one dram of the liquid to nineteen drams of water. (See table at close of Chapter VII. for number of grains to each pint.)

BACTERIOLOGY IN A NUTSHELL.

BICHLORIDE OF MERCURY solution will destroy all forms of bacteria and their spores. Strength 1-500 required for spores—exposure one hour. Bichloride of mercury is *not reliable* for the disinfection of excreta, because of its power to precipitate an albuminous deposit, which forms a coating around the substance and prevents the solution from penetrating the mass. It is a good disinfectant for rooms, clothing or bedding. It ruins instruments or anything in the shape of metals.

In making up bichloride of mercury solutions, tablets containing seven and a half grains are often used. One of these tablets added to one pint of water makes a 1-1000 solution. One to a quart a 1-2000 solution; 1-1000 is the strongest solution used for almost any purpose. Water is added to obtain the weaker solutions generally used. For example, if you have a quart of 1-1000 solution prepared and the doctor asks for three quarts of 1-4000 solution, add three quarts of warm sterile water to your quart of 1-1000 solution, and you will have the desired strength. If only a small quantity, say one pint of the solution 1-4000 is needed, take four ounces of the 1-1000 solution and add to it twelve ounces of water of the required temperature. In using the bichloride of mercury powder (corrosive sublimate), dissolve seven and one-fourth grains (grs. $7\frac{1}{4}$) in each pint of water.

Sublamine, which is another preparation of mercury, called ethylenediamin-sulphate of mercury, is used for all purposes in which bichloride of mercury solutions are used. It is considered by some to be less irritating than bichloride of

SOLUTIONS—USES AND PREPARATION OF.

mercury and alcohol to remove oily substances from the skin prior to its use as a disinfectant is unnecessary. Strength of solutions from 1-10,000 up to 1-300.

PEROXIDE OF HYDROGEN (Hydrogen Dioxide), also called "dioxygen," is considered by many surgeons to have no equal either for safety or efficiency in treating cavities or surfaces secreting pus. This preparation must be kept tightly corked, as it evaporates rapidly, and in a cool, dark place; heat and light spoil the preparation.

INTESTINAL EVACUATIONS may be safely disinfected by pouring upon them three times their quantity of boiling water. Cover and allow to get cold before disposing of them. *Milk of lime* made from freshly slaked lime is also a safe, cheap disinfectant for excreta. It should remain in contact with the evacuation for several hours. *Freshly slaked lime* must be used in preparing this solution. To slake the lime, pour one pint of water over two pounds of lime. When dissolved mix thoroughly. This preparation is also called "hydrate of lime." To make the "*milk of lime*" solution, use one pound of hydrate of lime to eight pints of water. Contact with the air spoils this solution, renders it inert, and for this reason it should be made anew every two days.

LYSOL is a good antiseptic, especially so as it is non-irritant. It can be used to disinfect almost everything in the sick-room.

It is used also for irrigation purposes; for disinfection of skin prior to operations; for hand disinfection, etc. Usually a two per cent. solution is required. When using the liquid lysol a two per cent. solution can be made by dissolving

BACTERIOLOGY IN A NUTSHELL.

two and one-half fluid ounces of the drug in one gallon of water. For dressings prior to operation, one-half per cent. solution is used. (For number of grains required in making up solutions, see table.)

CREOLIN is another antiseptic used as a disinfectant for the hands, and also for the purpose of irrigation. A five per cent. solution is sufficiently strong, as a rule.

POTASSIUM PERMANGANATE is a fairly good disinfectant, but its application is limited, because its action is so quickly rendered inert by contact with organic matter. It also stains a yellowish brown any object which it touches, and the stain requires the application of an acid to remove. It is used quite extensively as a deodorant in offensive wounds, for hand disinfection and to irrigate cavities. Sixteen to twenty grains of the potassium permanganate crystals to each pint of water is the strength of the solution generally used. Oxalic acid (a saturated solution) is frequently used to remove the stain of potassium permanganate. It is considered to be a more powerful germicide than permanganate of potassium, but it is decidedly irritant in its effects.

NORMAL SALT SOLUTION is a very valuable antiseptic. As a douche and enema it is well known. It is also used in intravenous, subcutaneous and rectal injections, for its stimulating effects after hemorrhage in various diseases; in shock during or after surgical operations; in toxemia from any cause. A pint of the solution is frequently given by rectal injection an hour or two before a surgical operation, as its use serves to lessen the possibility of shock, and

SOLUTIONS—USES AND PREPARATION OF.

also assists in preventing the thirst from which patients so often suffer after surgical operations. 0.7 per cent. is the strength used. The solution is made by dissolving one dram of common salt in each pint of hot water. Sterilize in a covered vessel before using, except where used as a rectal injection, when sterilization is not necessary. When used intravenously, or subcutaneously, it must *always be sterilized*.* The intravenous injections are never given by the nurse, as it is a method confined to the physician alone. It is used during operations very often, or immediately after operations, when there has been much loss of blood, or where the patient is suffering from shock, in order "to furnish sufficient fluid to suspend the remaining red blood cells for circulation through the system, and to restore a normal amount of circulating fluid for the heart and arteries to act upon."

WHEN PREPARING FOR AN OPERATION the nurse can make up a salt solution containing two ounces of common salt to one pint of hot water; sterilize the solution by boiling five to ten minutes, *after filtering*. Keep in a *tightly closed sterile jar*. One dram of this solution added to each pint of sterile water is the required strength for all injections necessary when the patient is suffering from shock, exhaustion, or other causes in which normal salt is called for. It should be made anew for each operation.

*Sterilize the syringe, canula, suture, thermometer for testing the temperature of the solution (which should be 115° to 120° F). scissors, and everything in the shape of instruments by boiling in soda carbonate solution. For the intravenous injections, thoroughly scrub and sterilize the area to be used.

BACTERIOLOGY IN A NUTSHELL.

FORMALIN SOLUTION. A four per cent. solution of formalin is considered to be as effective as bichloride of mercury solution 1-1000, or as carbolic acid solution 1-20 (5%). Formalin contains formaldehyde forty per cent. and wood-alcohol ten per cent. Unlike bichloride of mercury it does not deposit albuminous substances in solution, but it *destroys iron, steel or other metal* quite as effectually. The four per cent. solution is prepared by adding forty-one drams to each gallon of water. (For number of grains to use for each pint of solution see table at close of Chapter VII.)

BORACIC ACID is a mild, non-irritating antiseptic used freely in irrigation and in surgery of the eye and ear. Many surgeons use a saturated solution; others prefer a solution of one dram to each pint of water. It is dissolved by pouring hot water over the acid powder. It does not dissolve readily in cold water. In fact it would better be boiled. In making the saturated solution, it has been found that only about eighteen grains of the powder to each ounce of water is soluble in water alone.

THE AMERICAN STANDARD. A solution known as the "American Standard" is made by dissolving six ounces of *chloride of lime* in one gallon of water. It is said to be valuable in the disinfection of excreta. Chloride of lime in order to be reliable must be purchased of a reliable manufacturer.

THIERSCH'S SOLUTION. In the preparation of this solution, which is often used as an antiseptic for purposes of irrigation, add one and a half ounces of boracic acid and two drams of salicylic

SOLUTIONS—USES AND PREPARATION OF.

acid to one gallon of water. Dissolve the acids in *hot water* and *sterilize* before using.

BALSAM OF PERU. A five to ten per cent. solution of balsam of Peru is an antiseptic solution frequently used in dressing burns and other wounds. The balsam is combined with castor oil or glycerine as a base. Balsam of Peru, five per cent, and castor oil ninety-five per cent, is the common formula.

These are a few of the best drugs for antiseptic and disinfectant purposes now in use. New drugs for the same uses are being discovered every year.

STERILE WATER. As sterile water alone is so frequently used in aseptic surgery, its preparation should be understood even by nurses just entering the work. The water should first be filtered and then boiled in vessels* which have also been made thoroughly clean by washing and soaking in an antiseptic solution. *Distilled water* ought to be aseptic, but as those who distill it are apt to handle it carelessly, nurses are advised to *boil even distilled water* before using it for aseptic surgery.

FILTERED WATER.

FILTERED WATER is not considered safe to use for drinking or surgical purposes without sterilizing. The parasitic bacteria filter through any ordinary filtering apparatus, the process of filtration only ridding the water of other impurities and making it transparent. A system of sand

*Filtered water and salt solutions are preferably sterilized in their containers and *kept therein tightly closed* until used.

BACTERIOLOGY IN A NUTSHELL.

filtration is in use in some cities. By means of the sand the parasitic bacteria are held in abeyance until destroyed by the saprophytic.

ALCOHOL is used in skin sterilization for the purpose of removing oily substances, which prevent the penetration of some other disinfectants. Ether is used for the same reason.

SULPHUR FUMIGATION.

**To Fumigate
With Sulphur.**

To use sulphur for fumigation, take about four pounds of rock sulphur (brimstone) for each one thousand cubic feet of space. All apertures and crevices about transoms, doors or windows, etc., must be well packed with damp absorbent cotton, or batting, or strips of old muslin, to prevent the escape of the gas. Paste paper over openings of grates or registers, key holes and speaking tubes. Place an agate-ware, or other metal basin or tub, half-filled with water upon a firm foundation made of several bricks built near the center of the apartment. Have the required amount of sulphur on top of some paper in an iron kettle sitting in the basin or tub of water. Pour over the sulphur a few ounces of alcohol. Set fire to the outer edge of the paper and leave the room quickly, as the fumes of gas from sulphur are dangerous to many people.* Close and lock the door, and place a thick rug over any crevice that may be at the bottom. Keep the room closed for twenty-four hours, then open up the doors and windows and ventilate thoroughly.

**Danger from
Inhaling.**

*The writer remembers an instance in which a nurse was almost suffocated by inhaling sulphur gas. She thoughtlessly stepped back into the room for a forgotten article, and was almost overcome when rescued.

SULPHUR—FORMALDEHYDE—FORMALIN.

Floors, woodwork, etc., should be again wiped over with a cloth wrung out of carbolic acid solution (5%) five per cent.

FORMALDEHYDE FUMIGATION.

FORMALDEHYDE is more reliable for fumigation than sulphur, and is less dangerous to inspire. It is a gas made by burning methyl alcohol, commonly called wood-alcohol, in a specially constructed lamp. One and a half pints of alcohol are required for each one thousand cubic feet of air space. The process of converting this amount of alcohol into formaldehyde gas or vapor takes less than two hours, and the rooms or wards are ready for free ventilation at the expiration of eight hours. Observe the same method of packing crevices of doors, windows, transoms, etc., and of closing grate openings and key holes as described in sulphur fumigation.

Advantages of Formaldehyde.

As so many formaldehyde lamps are unreliable, some have found it more satisfactory to use formalin solution, which contains forty per cent. of formaldehyde. The formalin is boiled in a special apparatus and the gas passed into the room to be fumigated by means of a tube inserted through a key-hole or other small opening. One gallon of the preparation will supply sufficient gas to purify about twelve hundred cubic feet of air space.

Some Lamps Unsatisfactory.

BACTERIOLOGY IN A NUTSHELL.

TABLE FOR PREPARATION OF SOLUTIONS.

"From Hospital Formulary."

To Prepare One Pint of a Solution

Required to contain of a certain substance.

Per cent.	Or	Take of the substance the below stated amount in grains with enough water to make one pint.	
1/100 per cent....I in	10,000....grains	0.73	(3/4)
1/50 per cent....I in	5,000....grains	1.46	(1 1/2)
1/40 per cent....I in	4,000....grains	1.83	(1 3/4)
1/30 per cent....I in	3,000....grains	2.44	(2 1/2)
1/25 per cent....I in	2,500....grains	2.92	(3)
1/20 per cent....I in	2,000....grains	3.65	(3 3/4)
1/15 per cent....I in	1,500....grains	4.87	(4 3/4)
1/10 per cent....I in	1,000....grains	7.30	(7 1/4)
1/5 per cent....I in	500....grains	14.60	(14 1/2)
1/4 per cent....I in	400....grains	18.25	(18 1/4)
1/3 per cent....I in	300....grains	24.33	(24 1/4)
1/2 per cent....I in	200....grains	36.50	(36 1/2)
1 per cent....I in	100....grains	73.00	(73)
1 1/3 per cent....I in	75....grains	97.33	(97)
2 per cent....I in	50....grains	146.00	(146)
2 1/2 per cent....I in	40....grains	182.50	(180)
3 per cent....I in	33 1/3....grains	219.22	(220)
4 per cent....I in	25....grains	292.00	(290)
5 per cent....I in	20....grains	365.00	(365)
10 per cent....I in	10....grains	730.00	(730)
20 per cent....I in	5....grains	1460.00	(1460)
25 per cent....I in	4....grains	1825.00	(1825)
50 per cent....I in	2....grains	3650.00	(3650)

The following simple method of computing the amount of a liquid drug to be used may be found useful when preparing solutions for purposes in which absolute accuracy is not necessary.

One pint, liquid measure, contains seventy-six hundred and eighty (7,680) minims—(3) 16 × (3) 8 × (m) 60 = (m) 7,680—.

Multiply the number of minims by the per cent solution required and the result gained will be the amount of drug in *minims* for each pint of solution. Divide this sum by sixty (60), the

SUMMARY AND REVIEW.

number of minims in a dram, and you will have the quantity to be used in *drams*.

Example.—To make one pint (OI) of a five per cent solution:

$7680 \times .05 = 384.00 \div 60 = 6.40$, or about six and a quarter (6 $\frac{1}{4}$) drams of the drug to each pint of water.

For a two per cent solution proceed as before:
 $7680 \times .02 = 153.60 \div 60 = 2.56$, or about two and a half (2 $\frac{1}{2}$) drams to each pint of water.

SUMMARY OF CHAPTER VII.

Carbolic Acid Solution—its value as a disinfectant. Its preparation and uses. Its uncertainty in destroying spores.

Bichloride of Mercury Solution—preparation and uses. Its power to precipitate albuminous deposits.

Use and care of Peroxide of Hydrogen.

Safe method of disinfecting excreta. The preparation of lime for such purposes.

Lysol and Creolin as safe antiseptics.

Advantages and disadvantages of Potassium Permanganate as a disinfectant. Oxalic Acid in comparison.

Value of Normal Salt Solution. Its preparation, when and how used.

How Formalin may be as effective as bichloride of mercury, or carbolic acid.

Boracic Acid, mild, non-irritating, much used for the purpose of irrigation.

American Standard and Thiersch's Solution—their composition and uses.

Balsam of Peru combined with an oil one of the best dressings for burns.

BACTERIOLOGY IN A NUTSHELL.

Sterile Water—process of sterilization. Distilled water. Filtered water not used without sterilizing in aseptic surgery.

QUESTIONS FOR REVIEW.

I.—Is carbolic acid a complete germicide? In what class of diseases is it safest to employ other disinfectants rather than carbolic acid?

State accurately how to prepare a carbolic acid solution suitable for use in surgical practice.

II.—Why is bichloride of mercury unsafe to use for disinfecting excreta? Surgical instruments? How would you prepare one pint of bichloride of mercury solution 1-4000 from a solution 1-1000 as a base?

III.—What can you say of the efficiency of peroxide of hydrogen? What precautions should be taken to prevent its becoming inert?

IV.—What can you say of the value of lime as a disinfectant? How would you prepare it for use?

V.—Name several points in favor of the use of lysol as an antiseptic. Also mention one or two disadvantages of potassium permanganate.

VI.—In what ways does the use of normal salt solution benefit the patient when used during or after operation?

VII.—What advantage has formalin solution over bichloride of mercury for disinfecting excreta?

VIII.—Why is the free use of boracic acid safe?

IX.—How is the "American Standard" solution prepared? Also "Thiersch's Solution?"

REVIEW.

What per cent. solutions of the balsam of Peru are used? Mention a common base.

X.—Describe the method of sterilizing water. Is it safe to sterilize water without filtering? And is distilled water safe to use in aseptic surgery without sterilizing?

XI.—Describe the process of sulphur fumigation. What are its disadvantages?

XII.—What is formaldehyde? State why it is a more reliable substance to use for fumigation than sulphur. Has its use any disadvantages?

HYGIENE.

CHAPTER VIII.

Result of Neglected Hygienic Laws.

Neglect of the laws of hygiene frequently brings upon the human structure troubles which so weaken its various organs and systems that access and development of bacteria therein becomes an easy matter. It seems opportune, therefore, to add a few thoughts along hygienic lines.

Nurses, perhaps more than any other class of women, should not only understand but obey the laws of Nature as revealed to us in the study of hygiene. We are so often questioned by sick ones entrusted to our care as to why certain ills have come into their lives. Too often they suffer from diseases brought upon themselves through neglect or ignorance of hygienic laws. While it is not within the province of the nurse to take the place of the physician, whose duty it is to explain this painful truth to his patient, she can very often afterward help the sufferer by suggestion, advice and example, to guard against future troubles.

Hygiene Defined.

In the first place, then, what do we mean by hygiene? Hygiene is that branch of science which teaches us how to keep healthy. In by-gone years, so-called civilization and the accompanying customs of the day laid so many restric-

HYGIENIC SUGGESTIONS.

tions upon women that it was impossible to follow fashion's dictates and be healthy at one and the same time. Young girls were put into tight corsets, French-heeled shoes, etc., when scarcely beyond babyhood; at any rate, before they were fairly in their teens and while they should still have been at play, a thing quite out of the question for the poor little martyrs arrayed in such outlandish costumes. In fact, at the time when foolish mothers allowed themselves to follow fashion's whims and so torture their young daughters, for half-grown girls to romp and play games was considered a social outrage and it young women were to attempt to join in outdoor sports the offense was rated about next door neighbor to *criminal*. While there may be, and probably are, many who still cling to such erroneous and silly notions, the day has pretty well gone by when established fashions are so directly opposed to the laws of health. Woman now-a-days has just as good opportunities to be healthy as has her brother man. In this age young girls and young women may join with members of the "sterner sex" in games of tennis, golf and croquet without being considered "Tom-boys" or unladylike. They learn to swim and to row, to climb to the hilltops, to ride horseback, to take calisthenic exercises, to go corsetless if they want to, and to wear skirts whose trains are not an impediment to long, brisk walks in God's pure air and sunshine, all without danger of being called or thought of as either immodest or ahead of the age, and therefore objects for contempt.

In our work as nurses so much of our everyday duty lies within doors that we are apt to

**Dame Fashion
and Hygiene.**

**Society's
Restrictions.**

**Out-door
Games No
Longer
Tabooed.**

BACTERIOLOGY IN A NUTSHELL.

Hygiene and Length of Days.

Duty Toward Our Neighbor.

become careless or forgetful of the laws which keep us healthy, the principal and most important ones of which are the daily bath, fresh out-of-door air and sunshine and exercise, also sufficient rest and sleep and proper food taken at regular intervals. Without obedience to these laws at the right time and in the right way the nurse cannot satisfactorily fulfill her duty to those the physician entrusts to her care. If she attempts it she soon becomes a physical or mental wreck, sometimes both. The average length of time the conscientious nurse is able to remain in active service as care-taker of the sick is said to be about ten years. The time must of necessity be much shorter if her health is neglected. This does not by any means signify that we may ever *shirk duty*. Oh, no! There are frequently times of emergency when the nurse, especially the nurse in private work, finds it impossible to have her hours "off duty." So often there is no one in the home who is sufficiently experienced in the care of the sick to be trusted to relieve her even for a few hours of much needed rest. If the expense of a second trained nurse cannot be afforded, then the path of duty is obvious. These hours of danger, as a rule, do not last through many days. Then we must again take up our "sponge" and "plunge" baths, our brisk walks in the fresh air and sunshine more rigorously than ever, and so regain our lost tone.

Let us decide right in the beginning as we enter nursing ranks to divide our time of recreation in cultivating all the aids to health and usefulness (not neglecting the mind), and so prolong the "length of days" we shall spend in pur-

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suit of our high and noble calling. High and noble indeed to those who enter the work in the right spirit. Not for the sake alone of the money in it,* although the financial side of the question is important, "surely the laborer is worthy of his hire," and be assured that to the "worthy" are always given the fruits of their labor with all kindly appreciation. But let us remember, also, that there is an inborn love of the work paramount in the heart of every nurse who ever becomes in any true sense of the word *worthy* and a success. Such nurses enter the training-school with heart and soul and mind aglow, with hands ready and willing accurately to perform the most trivial or the most difficult tasks with equal care and promptness. These are the nurses who despise gossip, scorn deceit and all petty meanness, and who realize that personal responsibility is attached as a primary link in the chain of "qualifications of the good nurse." This realization keeps them ever on the alert to add to this primary link all the others necessary to make them not only *good nurses* but the *best* nurses possible.

The Successful Nurses.

While realizing our duty towards others, do not let us forget that we owe a duty to ourselves also; that we are responsible to God for our own health. There are broken-down nurses in the world to-day who ought still to be in active

Our Duty to Ourselves.

*The writer once had the misfortune to hear a pupil nurse, who had been rebuked for neglect of duty, make this remark: "I don't care how I get through my work in training school. What I am thinking of is the \$20 a week I am going to make when I am out for myself." Girls, do not enter the field in such a spirit! The place for such nurses is outside the ranks with the nurses who cannot control temper.

BACTERIOLOGY IN A NUTSHELL.

service, but whose condition, through mistaken ideas of duty, renders them a burden to themselves and to others.

Nature's Gifts.

A HEALTHY MUSCULAR SYSTEM.—We are taught when studying the muscular system that Nature gives to each individual about the same kind and amount of muscle; that the difference in strength as seen in different people is due in part to the manner in which they are taken care of, used, disused or abused. All of our organs must have proper exercise in order to be kept healthy, and in order also that we get from them that service for which they were intended.

Results of Inactivity.

If we do not use our brains in study while we are young they become inactive and we grow dull and stupid. In later life we awaken to the fact that there are a great many things we would like to know which we do not know, and we find it a much more difficult task to get our brains to act as we desire them to than it used to be. Study then becomes a burden rather than a pleasure. In the same way, if we do not exercise the voluntary muscles (those muscles which our will controls) sufficiently, they become wasted and soft and flabby, and we feel the effects of their disuse in the involuntary muscles (those muscles over which our will has not control). The heart does not do its best work, the organs of respiration and of digestion and of excretion are impaired, and the whole structure is apt to suffer.

Results of Overwork.

On the other hand, if the voluntary muscles are abused by over-exercise and insufficient rest we have other evils to contend against. They wear out faster than Nature can supply the new material with which to rebuild them, and we have

HYGIENIC SUGGESTIONS.

again the weak, flabby voluntary muscles, and suffering to endure also from a weakened condition of the involuntary.

EXERCISE.—Proper muscular exercise then is necessary if we preserve our health. Muscular development of the arms is often very noticeable in nurses who give massage treatment. Good, brisk walks in the open air are conducive to the development of all the muscles of the human structure. When walking do not *drag* along as if not quite sure what your limbs were given you for. It is necessary to walk briskly in order to keep the circulation just right. Keep your head erect; your shoulders well thrown back to give the inspired air a chance to expand the lungs and keep them in good working trim. Narrow-chested people become such very often because they neglect to carry themselves erect and “square their shoulders” when they stand or walk. Narrow-chested people *court tuberculosis*. To walk several miles a day is necessary for those whose occupations keep them indoors most of the time.

**Walking
Develops the
Muscles.**

**How to
Walk.**

DRESS.—There is nothing more hygienic in the way of dress than the nurses’ uniform, but it was never designed for street wear. It was designed to protect the sick from bacteria so frequently carried to them in the woolen dresses, as well as by the soiled hands, of those who used to care for them, and who knew nothing of the laws of hygiene as trained nurses understand them to-day.

**How to
Dress.**

In some cities nurses seem to be given to the habit of going about the streets and on street cars in their uniforms when out for a “constitu-

**Keep the
Uniform
Sacred.**

tional." This practice, if they but stop to think about it, must impress them as all wrong. We can never tell just where we may encounter a communicable disease, just as likely on the street cars as anywhere else. How dreadful to carry its germs back to some poor sufferer with already enough to bear! Let our uniform then be sacred to the sick-room alone, *but let us always wear it there.*

Dress Sensibly.

Have a street dress which is simply but tastefully made and quickly donned. Wear hygienic waists, and skirts suspended from the shoulders rather than from the hips. Wear sensible-looking, neat hats. Nothing is much more unprofessional than a nurse in a hat on the "flower garden" order, or who is adorned with neck chains, rings, "bangle" bracelets, and so forth, whose skirts sweep the streets and gather up dust and bacteria as they sweep. When it comes to exercising in garments that constrict the chest and abdominal muscles, it is quite out of the question. How can the abdominal or pelvic organs remain healthy when thrown into unnatural positions by pressure of tight corsets, waist bands or dragging skirts? It is the nurse's duty to dress so as to be healthy. Her work demands health. There is no room in the ranks for the nurse who "*enjoys poor health.*"

Let us all try to be healthy.

The Various Baths.

THE BATH.—Nothing is more conducive to good vigorous health than proper and systematic bathing. Few things are more restful to the tired nurse when she comes off duty than a good warm salt bath before retiring. A pint of sea salt, or common salt, to each two gallons of water

HYGIENIC SUGGESTIONS.

is a fair proportion. Take a good "rub" with a Turkish towel on emerging from the bath. A cold sponge bath should be taken in the morning when you rise. Many recommend a cold "plunge" bath and find it very healthful when taken quickly and followed by a brisk rubbing, but it is a bath not suited to all constitutions. Those who find a cold plunge too severe, often enjoy getting into a tepid bath and gradually lowering the temperature until *it is cold*. A good soap and water tub bath several times a week seems necessary to healthful conditions, in addition to "salt" baths, "sponges" and "plunges." When taking a bath after a meal, allow two hours to elapse before beginning operations.

THE HAIR, THE TEETH, THE NAILS, ETC.—Take care of your hair and keep it well shampooed. Diseases can be communicated from one to another by bacteria which fasten upon the hair, as well as upon the skin, beneath the finger nails and within the mouth. Do not forget these points when carrying out personal disinfection at the close of nursing a communicable disease. The toilet is never complete until the hair, the teeth and the finger nails are as immaculate as the dress and the rest of the person.

Disinfect the Hair.

Do not forget that neglect of Nature's calls leads to habitual constipation, cystitis and other evils allied to these. *Write this truth in capitals* upon your memories. It will save you lots of trouble.

Obey the Calls of Nature.

FOOD AND WATER SUPPLY.—In order to keep healthy, food should not only be taken at regular intervals and in proper quantities, but it should also be of the most nutritious, easily digested

A Mixed Diet.

and assimilated character. Pastry and sweets should be partaken of very moderately, if at all. The heaviest meal of the day should not come in the evening when the digestive system is tired from the exertions of the day and needs rest. A mixed diet, consisting of meat, vegetables, fruit, bread, eggs and milk, will be found more valuable, when planning for a healthful diet, than the cranky idea of living entirely upon vegetables or going to the other extreme and cutting them out of the food list entirely.

Water Supply.

Do not drink cold water, particularly ice-cold water, with your meals. It chills the stomach and retards digestion. The human structure requires plenty of water to keep the wheels of its complex machinery in good running order, but this water supply should be taken in between meals and should be as pure as filtering and boiling will make it. Put the pitcher containing the water on the ice instead of putting ice into the pitcher. Few germs, if any, are entirely destroyed by freezing. They usually thaw out and renew their activities.

Ventilate Your Sleeping Rooms.

REST AND SLEEP.—Do not sleep or rest in a stuffy, dusty, badly ventilated room. Remember to have between two and three thousand cubic feet of fresh air in all sleeping rooms and especially in sick-rooms. This amount of air we have already said, when speaking of “communicable diseases,” is found in a room twenty feet long by fifteen feet wide with a ceiling elevation of ten feet, provided the current of air is changed frequently to keep it pure. The windows should always be open at the top and to aid in the regular changing of impure for pure air, open them up

HYGIENIC SUGGESTIONS.

from the bottom for a while every day and open the doors also. Do not rest or sleep in a current of air. It is an injurious habit for even the most vigorous.

Do not sleep in any garment worn during the day. Learn to relax the muscles when resting. Do not sleep with a pile of pillows beneath the head; use only a small pillow. Better no pillow at all than to be held up in almost a sitting position all night, rounding the shoulders and making the chest hollow.

**Remove
Day Garments.**

Keep your own room clean and neat. It is a matter quite surprising to find any number of nurses whose rooms look as if "a cyclone had struck them," and yet who would not be guilty of such negligence if they were more thoughtful of laws of health as applied *personally*.

SUNSHINE.—Sleeping rooms and all rooms occupied by the delicate should be rooms with a southern exposure, so as to have the effects of the sun's rays for the greater part of the day. Not only should we live in the sunshine as much as possible, but we should ourselves be *sunny*. The only place for the gloomy nurse is with the mercenary nurse and the nurse who "enjoys poor health"—outside the ranks. This thought is particularly applicable to those nurses who honestly desire to be successful. Those with a sunny disposition are always at a premium. What sick one can fail to love and desire to have about her the nurse with a "southern exposure." She fairly beams as she enters the sick-room, and no matter how plain her face this nurse always looks beautiful in the eyes of the sufferer, to whom she invariably seems to communicate sun-

**Let the
Sunshine In.**

**The Sunny
Nurse.**

shine, the power of which dissolves and drives away all gloomy forebodings. She cannot fail to cure the "blues," for the sorriest grumbler in the "slough of despond" on the sick-list must needs feel ashamed of such moods in the presence of the sunny nurse.

Let us all learn to let the sunshine into our hearts as well as to let it shine upon us. "Let the sunshine in" and it will radiate from the eyes and the smile of the good nurse; be felt in the touch of her gentle, kindly hand, and in the tones of her cheerful, hope-inspiring voice.

It is not only the blessed privilege of each nurse to be the *best nurse* possible and to be all that is truest, purest and most perfect among women, but it is also *her duty*. So shall every nurse be beloved and in being beloved do her best and noblest work.

"The world may sound no trumpet,
Ring no bells, the Book of Life
The shining record tells."

SUMMARY OF CHAPTER VIII.

Ills brought upon the human structure by neglect of hygienic laws.

Fashions of bygone days opposed to laws of health.

Restrictions of society with regard to games, dress, and so forth, a thing of the past.

Forgetfulness on the part of the nurse with regard to hygiene may be the cause of a shortened period of usefulness. Following its precepts may lengthen the period.

How success is obtained by the good nurse.

Walking and dressing sensibly. The sensible dress the hygienic dress.

SUMMARY AND REVIEW.

Keeping the uniform sacred to the sick-room, and why.

Bathing and when to bathe so as to be healthy. The care of the hair, the teeth and attention to Nature's calls.

Proper diet and sufficient water supply necessary to health.

Ventilation. Fresh air, sunshine and a sunny disposition and their effects.

QUESTIONS FOR REVIEW.

I.—What is hygiene?

II.—Why is it necessary to both study and practice the teachings of hygiene?

III.—How does manner of dress infringe upon laws of health?

IV.—Why should outdoor sports and exercise be encouraged?

V.—Is the nurse responsible for the care of her own health as well as that of her patient?

VI.—Is she often excusable for neglecting outdoor exercise, baths, hours of sleep, Nature's calls?

VII.—Why should a mixed diet which is nutritious, easily assimilated and digested be adhered to?

VIII.—Explain why fresh air, sunshine and clean, well-ventilated apartments are necessary to health.

IX.—Is the nurse who does not try to keep

BACTERIOLOGY IN A NUTSHELL.

healthy just as much out of place in the nursing world as the nurse who does not try to control her temper? Give reasons for your answer.

X.—Why should a nurse above all other women aspire to be one of its purest, brightest and noblest types?

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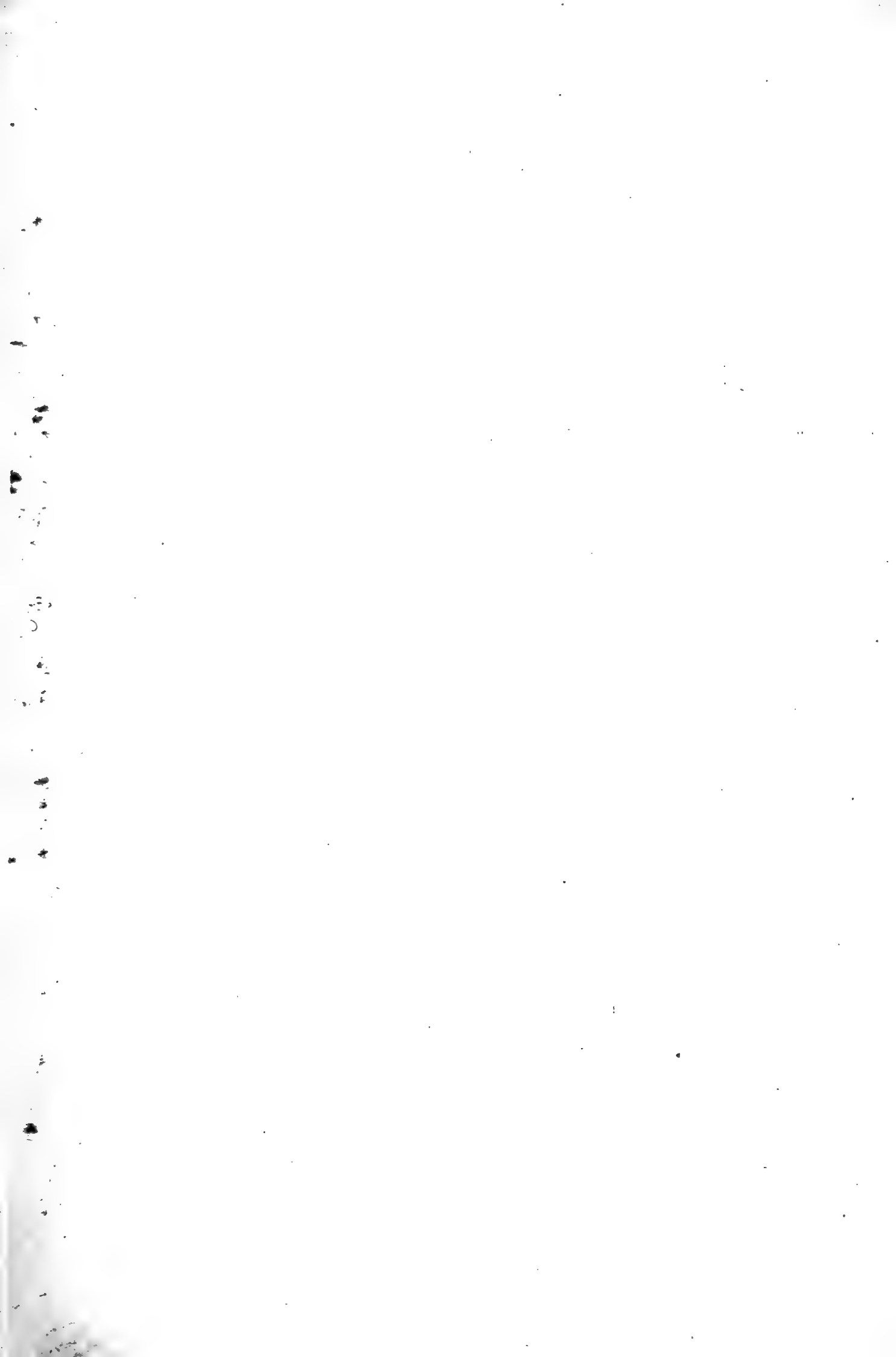


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